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LESSONS  
IN MECHANICS  
OF PERSONAL  
MAGNETISM

Phil 6674.7



**Harvard College Library**

FROM

*Pres. C. W. Eliot*

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LESSONS  
IN THE MECHANICS OF  
PERSONAL MAGNETISM.

"PERSONAL MAGNETISM IS AN ART BY WHICH A PERSON  
IS ENABLED TO CONTROL THOSE WITHIN REACH  
OF HIS VOICE, EYE OR TOUCH."

*For Lawyers, Clergymen, Physicians, Actors, and all Professional Persons ;  
as well as for Students of these Professions ; also for all Persons  
who wish to occupy influential Positions in the Political,  
Business, and Social Worlds.*

ARRANGED EITHER FOR READING OR STUDY ; WITH CERTAIN  
EXERCISES SO EXPLAINED THAT ANY PERSON MAY EASILY UNDER-  
STAND AND MASTER THEM WITHOUT A TEACHER.

Although not so intended at first, it has, nevertheless, proved an Abso-  
lute Cure of all tendencies toward Nervous Prostration  
and Mental Weakness.

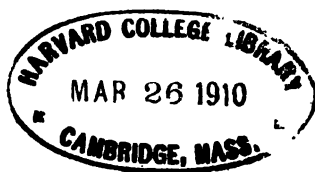
By EDMUND SHAFTESBURY,  
Author of "Lessons in Artistic Deep Breathing," "Lessons in  
Emphasis," "Lessons in Voice Culture," "Lessons in  
Oratory," Etc., Etc.

1888.  
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Rec. C.W. Eliot

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DEDICATED TO  
PURE ART

*"Some ethereal visitor enters now."*

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## PREFACE.

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**B**Y an examination of the literature of the world it will be seen that the subject of Personal Magnetism has never yet been written upon, much less studied.

The author's disbelief in the possibility of acquiring a gift so powerful, prevented him for years from considering it as a subject of study; but a thorough investigation of the matter has convinced him beyond all doubt that the Art may be studied, the gift acquired and the whole character and current of a person's life revolutionized by its acquirement.

This book is not a venture. For nearly twenty years it has been the one great theme of the author. Its exercises are not accidents; they have been subjected to over one hundred thousand tests, in which they have proved themselves to be perfect.

If care and painstaking, long watching and long waiting for results, and an accumulation of proofs mountain high, will establish the certainty of the acquirements of the power of "Personal Magnetism," then this book has its permanent place in the world.

A great work is before it.

It now makes its entrance upon public life, and the people who are interested in it and who know its merits, are watching with some curiosity the manner of its recep-

tion by the great public, feeling sure that time will achieve for it that full success which comes sometimes early and oftentimes late to great undertakings.

This book deals only with the subject of "The Mechanics of Personal Magnetism." The deeper study is found in a subsequent course of lessons.

The exercises herein set forth cannot under any circumstances produce the slightest harm to the pupil. On the contrary, every minute spent in practicing them will be productive of good to body, nerves and brain.

There will be three classes of persons who will undertake the study of this work, and the performance of the exercises :

1st. Those who, through curiosity, or as incredulous investigators, pursue the work with hesitation and indifference.

2d. Those who commence with enormous zeal and determination to succeed, and devote every spare moment to it for a few days, or weeks, and then suddenly cool off. This is a large class, and they have had their ardor as suddenly cool off in a hundred other undertakings before.

3d. Those who commence deliberately and work and wait patiently, plodding along in the dark for the proper length of time, but persisting until the light dawns upon them. When the light does come it seems to break all at once. This class possesses that rare faculty called application.

The foregoing classes embrace all persons. The last named will, of course, achieve complete success. The other two will accomplish something of value in every minute they devote to it. Out of the very many exercises of the book, there is not a *single one* which is not worth more than the price of the work.

When the subject was first being systematized for study, there was no intention on the part of the author to connect it in any way with benefits to the health; but it was found that every exercise produced good results in that line. Therefore, while not claiming or laying stress upon

the fact, in our introduction of the study to the public, we find the following to be always true:

1. It promotes a healthy blood circulation.
2. It invigorates the whole body.
3. It builds a good brain power.
4. It makes perfect nerves, overcoming nervous prostration, and the tendency to insanity.

These are incidentals and facts that were found to exist in the effort to accomplish the grander result—"Personal Magnetism."



*"We Learn by Reading ; we Acquire by Thinking."*

## CHAPTER ONE.

---

### A TALK WITH THE READER.

Many years ago the author strenuously maintained that "Personal Magnetism" was a gift, that it could not be acquired by practice, and above all things could not be taught. At that time there were quite a number of distinguished men who were in professional or political life who were reputed to possess this sacred gift in a very high degree. Their success everywhere seemed to prove that they had some pre-eminently great power over men, not only in public places, but in private conversation. This power by universal consent, was called by the familiar title "Personal Magnetism."

Nor was it observable under these circumstances alone. On social occasions a rare few displayed it. I shall never forget the evening, when at a magnificent drawing-room reception, a lady swept into our midst and by a single glance of the eye, a tone of the voice, held everybody spell-bound. There were able and talented geniuses present who had hitherto charmed and won homage, but her power was so simple, so irresistible and so complete, that even the brilliant men tacitly acknowledged her to be more than their peer. She was not beautiful. Her features were neither stern nor weak. Every movement, every glance, every tone indicated something that, while it was devoid of assumption, effectually asserted a superiority of charm. It must not be said that Personal Magnetism belongs wholly to men.

The author still clung to his opinion that this gift could not be acquired, and in a private conversation with the lady referred to above, sought to obtain some light upon



the phenomenon. It was expected that she would deny her possession of such a gift, but on the contrary she said "I feel that I have some power over others ; but a few years ago I did not have any at all."

"Do you mean to say it was not born in you ?"

"It certainly was not born in me. Some years ago I was quite the opposite. I had but few friends, many enemies, and was without any influence among my fellow beings. Since then my circumstances have not changed, but I have. It was not all self training either."

On further conversation she told the following story :

Her sister had married a politician who was reputed to be one of the most magnetic men living. Indeed his success and his power over men and audiences were wonderful. He was well known everywhere. She sought his confidence and by persistent teasing obtained from him the fact that he had acquired the whole power, and by a certain kind of practice and a special rule of conduct had built up a splendid magnetic body and mind. He furthermore expressed the opinion that no person is born with it, but that many are born with tendencies that under favorable circumstances may develop it ; he believed that every person could acquire it, *if he or she would*.

The author was certainly surprised.

He afterwards spent years in testing the truth of the latter remark. He formed the acquaintance of the great men, who were called magnetic and influential over their fellow beings, and found first, that in proportion as they were great they were obliging, and this made it possible to converse with them. *Without a single exception, these men asserted that the power or gift that they possessed was acquired, and not born in them !*

The question next arose, shall the persons who do not possess this power be believed when they say it cannot be acquired, or shall those who possess it and *know* how they came with it, be credited ?

Yes, reader, it *can* be acquired.

What is Personal Magnetism ?

It is the power to control persons who come within reach of the voice, eye or touch.

Is it anything like Mesmerism ?

Probably nothing at all like it. The author professes to be ignorant of Mesmerism, but if such a thing exists it must from descriptions given of it, be a deadening of nerve force and a capture of the belief of a victim. Personal Magnetism on the contrary is noble, pure, lofty and sublime in its influence upon the mind of the possessor, and upon those who feel its spell. The minister who possesses it is inspired with a power almost God-like ; the lawyer, who wins as Rufus Choate did nearly every jury case he ever tried, compels an admiration for himself and his cause by the ennobling influence of this gift ; the actor charms ; the physician wins his victory for good ; the lady entices into a pleasant homage. There is always a joyous, exhilarating, fascinating feeling which is shared by both the controller as well as by the controlled ; which is said not to be the case in Mesmerism. More than this it always creates in the controlled some degree of the same power over others, which Mesmerism is said never to do.

Is it anything like Spiritualism ?

Not at all. The author personally never has seen any evidence of the presence of spirits, although he has tried to. But as far as the claims of Spiritualists go, the processes are widely apart.

Is it anything like Mind Reading ?

Not if the author understands that term.

Is it anything like Mind Cures, Faith Cures, Christian Science, etc ?

No. The power of Personal Magnetism is so gentle and yet so effective that the person controlled knows nothing of the process going on, and thinks and believes that perfect freedom of will is his, which is probably the case, as he always wills to do as he is inclined.

The art is not speculative. There is not a single page of this book devoted to notions, whims or fancies. The plain facts are adhered to ; results are aimed at ; the whole

object of the book is to prove what can be accomplished in the reader, not what pet theories may be advanced. Not a moment of time should be wasted in speculation.

The principal of life, or *vital-force* is dealt with as an existing, controllable engine. The heart is the mere physical engine of the body, but there is a mightier force back of it, the *spark of life*, which is fed by the three great elements:—

1. Human Electricity.
2. Human Magnetism.
3. Human Fire.

The combination of these three elements produces an influence as quick in its motion as light, as thin as the universal ether, as powerful as the affinity of the world systems of the sky.

The earth is on the threshold of stupendous inventions and discoveries; the intellect of man must grasp more of the knowledge of LIFE itself, if it would keep pace with the progress going on around it. We are just learning what the spark of life is; the reader of this book will have acquired an intimate knowledge of what it is; he will learn more, he will learn that it may be controlled, built up, increased in power and intensity until it is a *giant*; and he will finally learn that it may be *used* as a giant in the great battle of life.

One of the most magnetic men the author ever met, claimed with great enthusiasm that a person ought to preserve a youthful feeling and not grow old for one hundred years. His assertion did not prove true, for *he* died at the age of eighty-two by being thrown from a carriage.

The author knows of two gentlemen of great magnetism and wonderful success in life who claim to have acquired it all by years of private investigation into the subject, who are trying to observe a certain rule of conduct daily, in the hope that they may live to a great age. It was nearly twenty years ago that they first entered upon the attempt to live, as they say, "one hundred years." One to-day is eighty-eight, the other seventy-five; but the most

convincing fact is that they retain all the buoyancy of youth, the full flush of face and form, and are a burden to no one. They say they firmly believe that if persons commence during young manhood or young womanhood to cultivate the magnetic power, and do not waste it by dissipation, they ought to live for two hundred years.

The author cannot believe that such will be the case; there is always a reluctance to believe that anything will happen that never has happened; yet these two old gentlemen firmly believe their assertion.

It is undoubtedly true that a person at any age may re-juvenate body, nerves and brain. No person is too old to practice the "Mechanics of Personal Magnetism."

The present age is one of hurry and excitement, and is undoubtedly leading to "nervousness" and "nervous prostration" to an unusual degree.

Into this whirl are carried the great geniuses in all the departments of life, while the "littleness" of the men and women of the middle and lower ranks is deprived of the hope of out-growing itself. The reader need not cast about to find some illustration of this fact in others. Self study will sufficiently prove it in every reader. You are constantly yielding to the limitations of your power.

The *vital-force* or the "spark of life" consists of three elements: Electricity, Magnetism and Fire. These are constantly being generated by the principle of existence, and in persons of moral self-control are used only as fast as produced; in persons of weak control they are wasted faster than they are generated; and in persons who rule or control others and generally win the battle of life, the nerves and brains are generally super-charged with those elements. The ability to super-charge the nerves and brains with electricity, magnetism and fire is the result aimed at in the exercises which are called "The Mechanics of Personal Magnetism," and which comprise the present volume.

The ability to use in an effective and proper manner upon persons and audiences the magnetism which is ac-

cumulated in the over-charged nerves and brains, is the task set forth in the second and concluding volume, called the "Magnetic Control of Others" wherein are the deeper mysteries and profounder problems of life itself.

The exercises of the present volume are divided into four parts:

1. Experiments.
2. Negative Mechanics.
3. Positive Mechanics.
4. Regime.

The Experiments test the condition of the nerves of the pupil.

The Negative Mechanics stop the leaks of *vital-force* which are constantly occurring in nearly every person, and in doing this they remove every trace of "nervousness" and every tendency to nervous prostration and mental weakness.

The Positive Mechanics generate great quantities of *vital-force*, and super-charge the nerves and brain with Magnetism.

The Regime regulates the daily habits of life so as to make them consistent with the new and higher plane of existence in which we aim to dwell.

*"Prepare well in the Start for the whole Journey."*

## CHAPTER TWO.

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### PRELIMINARIES BEFORE COMMENCING THE PRACTICE OF PERSONAL MAGNETISM.

Every purchaser of this book should class himself in one of two divisions :

1. Either as a reader.
2. Or as a student.

Only the latter will accomplish the *full* results of the work. He will have three things to do :

1. He must study.
2. He must think.
3. He must execute.

There can be such a thing as reading that is deep and student like ; but a casual reader, who absorbs nothing, is the most superficial of all persons. Whoever reads the fewest books is apt to be the best thinker. A rapid reader cannot be a student.

A casual reading of this book will produce in the pupil no results whatever. It will be time wasted ; but perhaps well wasted.

The author prefers that no person should have the custody of this book, excepting the owner, or excepting the person who is to use it. A book of study should have but one owner.

Lending and borrowing are relics of barbarism, and twin brothers of poverty and bad business methods.

Polonius, in Hamlet, says :

"Neither a borrower nor a lender be ;

"For loan oft loses both itself and friend,

"And borrowing dulls the edge of husbandry."

But a stronger reason prevails in the present instance. The purchaser of this book, or whoever studies it, should at once procure some strong but thin writing paper, and paste a leaf between every two pages of this volume, in the chapters on Exercises. On these blank leaves he should keep a record of his practice and the time when it is first undertaken, the amount of time each day and the progress made. Annotations of all kinds pertaining to the study and practice will be found beneficial and of great value if the student ever proceeds as far as the second volume, which gives advanced lessons, and concludes the mastery of this great art. This is a cogent reason why but one person should use this book.

The last and best reason is that the next and concluding volume, entitled, "Private Lessons in Book Form in Magnetic Control of Others, or Personal Magnetism Proper," will be sold only to the actual purchaser of this book. The high character of the results to be attained necessitates constant companionship of book and user, which is impossible if two friends or two members of the same family are using the same copy; and is just as inconvenient as two hungry people eating out of the same plate.

#### WHY THE SELF-PROMISE IS A HELP.

There are two reasons why:

First, many persons rush so eagerly into things and put on such a show of determination, and such a glow of ardor that the world seems to think its end is at hand; but it is not the end of the world that is at hand; no, it is the end of that zeal. This has been one of the freaks of human nature in unsuccessful people from time immemorial, and lack of persistency is the cause of the ill-success of most people.

To overcome this, it is better to make and record somewhere (where no person may see it), a promise made to yourself that you will persist to the end in this work.

The second reason is as important.

True greatness requires self-control and self-denial. A test of both these qualities may be found in the simple question whether a person can persevere to the end in any undertaking.

If the pupil will stop for a moment to think, he will recall scores of things he has commenced to do in the past, many of which he persevered in for a long time, and only a few of which he completed, if any. It is human nature to plan and to undertake; then to get weary and stop. Enthusiasm cools in the presence of drudgery.

Personal Magnetism enables us to win the admiration of our fellow beings.

To do this a man must have manhood, and a woman must have womanhood, or in other words, *Character*.

A great man once said that character was best formed by "making a solemn pledge to yourself and keeping it to the letter." The self-denial and the self-control which will be required for the keeping of such a pledge will develop character, and will assert itself in one's features and conduct.

Very few persons can do it.

To test the lack of Character in you, and to help to develop it, if lacking, as well as to secure a thorough mastery of the exercises in the following lessons, the subjoined Pledge has been prepared. A copy of it should be made and signed, and filed away among the private papers of the pupil.

Do not make this Pledge hastily.

Do not make it with any mental reservation of insincerity.

Take time to examine and think about it, and if you then make it, do so with the firm resolve to truly perform its obligations as a matter of honor.

#### THE SELF-PROMISE.

(To be copied, and the copy to be signed.)

I hereby solemnly promise myself that I will enter upon and perform the following obligations in every respect as hereinafter stated :—



## OBLIGATIONS.

1. I will study the Explanations, commit to memory the Rules, and perform the Exercises, in the manner, and at the times prescribed in this book.

2. I will devote not less than thirty consecutive minutes on each of five days in every week (during health), to the work mentioned in obligation 1,

3. After the first three months have elapsed since the commencement of this work, I will note down in a daily record every breach of Habitual Regime, of which I may be guilty, and will keep such record for future reference.

4. I will record in blank leaves (to be pasted permanently in this book among the Chapters on Exercises, before commencing my practice), all the time spent in practice, the time when it is first undertaken, and the progress made, as well as any questions or matters concerning which I may wish information in case I conclude to take the advanced course of private lessons in book form entitled the "Magnetic Control of Others."

5. I will put this promise to myself in some place where I can readily refer to its contents, which I will do not less often than once a week after signing it.

*"A Guiding Power makes Laws we cannot Alter."*

## CHAPTER THREE.

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### THE FIVE GRAND PRINCIPLES OF THE MECHANICS OF PERSONAL MAGNETISM.

The following principles should be committed to memory. They are too important to be merely read.

If you fail to understand them, take a rest, and try at some subsequent day to grasp their meaning.

The reading of the previous pages of this book may help much to comprehend this chapter.

#### FIRST GRAND PRINCIPLE.

Human Magnetism influences others through either the Voice, Eye or Touch alone, or by any two, or all three of these combined.

#### SECOND GRAND PRINCIPLE.

This influence is conveyed by itself as a Vibratory Agent.

#### THIRD GRAND PRINCIPLE.

The vibration originates in the *vital force* of the person controlling others, and is instantly conveyed to the person controlled.

#### FOURTH GRAND PRINCIPLE.

The vibration is bound to excite a similar or responsive state or condition of mind in the person receiving it,

and during his inactivity he cannot prevent it. This law is an axiom.

NOTE.—As all Lawyers, Clergymen, Actors, Readers and Speakers generally, have their audiences in a state of inactivity, an irresistible control of them should follow, when the influence of Personal Magnetism is exerted.

#### FIFTH GRAND PRINCIPLE.

Unlike so-called mesmerism, Human Magnetism instead of weakening the giver or receiver, strengthens both to a remarkable degree, and excites in the receiver a tendency to develop the same power.

NOTES.—The few following explanations will serve as helps to the comprehending of the foregoing principles.

1. The *Magnetic Touch* is vibratory; the unmagnetic touch is not. Vibrations, however, do not mean a shaking, or even a trembling; they are generally so slight that the receiver cannot detect them.

2. The *Magnetic Voice* is vibratory; the unmagnetic voice is not. These vibrations are not the tremulousness of the voice, nor any wavering. On the other hand, they are so fine and minute that they pass undetected.

3. The *Magnetic Eye* is the gathering of the *vital force* when operating by the nerves of sight. The brain looks out through the pupil of the eye; it is a terrible engine of human electro-magnetism, often super-charged with energy. It is related of an ancient Greek who, at one time by a single glance, paralyzed a strong man. The same thing might be done again. Many a person quails and flinches before the eye of another.

James E. Murdoch testifies that when acting with the Elder Booth he was brought to a complete stand-still on the stage by a glance of the eye of that great tragedian, and was completely powerless. Mr. Murdoch is still living, and investigators can easily procure his address and

seek an explanation of the problem. Other actors and actresses have accomplished the same thing.

A teacher who possesses magnetism can easily subdue and control pupils however unruly, without the use of rod or scolding or punishment of any kind.

It makes no difference how hardened a person may be. Andrew Jackson, unarmed, took into custody an armed desperado, whom the armed officers were afraid to approach. The man said he did not know why he yielded to Jackson.

A lawyer may, without brow-beating, obtain the *truth* from any witness, and sometimes, we regret to say, he may win his cases when he ought not to. Rufus Choate once said, "Give me a just case and no power on earth can cause me to lose it." This great lawyer was exceedingly magnetic, and his record shows that he won almost every jury case he tried, both good and bad. The criminals of Boston knew this, and one of their number said, "Be jabbers, there's a man that can git me cleared of sthealing even wid me stholen property in me boot-legs." Choate was so feared by his fellow-lawyers that they attempted a scheme to disbar him, but it failed.

A clergyman not only may do effective pulpit and parish work, but he can readily avoid the dangers attending his social life and the many unpleasantnesses arising among all church congregations.

Many a parent has controlled his or her child by the mere glance of the eye.

It may be asked how the eye can convey vibratory action to another person's eye. The answer is this: Light is admitted by all scientists to be vibratory. If its vibrations cease, we have total darkness. When we see anything we see some form of light. It is this form of light we see and not in reality the thing itself. The thing itself consists of surface and interior; no one pretends that we ever see the interior of a thing (unless we cut it open, in which case a new surface is created, and the interior is still beyond us); and as only the surface is visible, and all

surfaces lack thickness, the visible part is only a super-surface made by the light covering the object, which varies in color and shade by the nature of the object and its position. All shadows have some degree of reflected light.

Light, therefore, is all we see, and as light is *vibratory*, the influence from eye to eye is easily transferred.

But a deeper and a stronger power is behind the eye-energy, which cannot be considered in this volume, as this deals only with the "*Mechanics of Personal Magnetism*." The study of the "*Art of Personal Magnetism*" will contain broader and deeper investigations into this potential influence. That book is intended as a senior work for those who wish to delve into the full depths of the study.

The Fourth Grand Principle is by far the most important of all. To understand it thoroughly is to grasp at once the central thought of the whole work. What is meant by "exciting a similar or responsive state or condition of mind in the person receiving it?"

To any person understanding the principle on which the telephone conveys sound, the meaning is quite clear. Sound is vibratory; its vibrations by their variations of character produce vowels, consonants, words, qualities of voice and inflexions. If these variations of vibratory action are preserved as they are being transmitted over the wire, the exact words will be reproduced. The person speaking causes the sound variations (so fine as to be undistinguished by the ear as vibrations) to strike a movable disc, which by its motion is constantly interrupting the flow of the electrical current. These interruptions vibrate the disc at the other end of the wire. The ear placed at that end will receive the same kind of vibrations as were made to vibrate the first disc. This is an illustration of "exciting a similar condition," etc., in the person receiving it. Now, the recipient has no control whatever over the matter, especially if he is a passive recipient. He cannot by his own will-power, his thought, or his emotions make the words any different; of course, he can stay away from the telephone, but in the case of Human Magnetism

there is no staying away if the eye is seen, the tone felt, or the sound heard.

To make the comparison clearer, we need say but one thing more. The vibratory action is bound to be received by all within its reach, and it spends itself by transplanting in the mind of the recipient the will-energy of the giver, from which there can be no recourse.

All this, of course, presumes that the giver possesses magnetism.

To acquire that power is the work before us.

Enough of theory, enough of explanation! To work!  
To work! To work!

*"One Drop of Blood contains enough Electricity to Blow up a House."*

## CHAPTER FOUR.

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### HUMAN ELECTRICITY.

For twenty-five centuries—during which the world has seen the birth of its greatest generals, orators, poets and philosophers, and has witnessed its most marvelous history and progress—for over half of the years of the human race has electricity not only been observed, but has it been made a subject of close study, constant experiment and scientific investigation.

Before Hannibal or Alexander; before Archimedes or Euclid; before Cicero or Demosthenes; before Virgil or Herodotus; before Aristotle, Plato or Socrates ever were known to earth, Thales, the chief of the Seven Wise Men of Greece, had bent his philosophic genius down to the level of a piece of "*Electron*," or Amber, to account for its wonderful power in attracting light articles to itself, when excited by simple friction.

We might naturally suppose that these centuries of genius would hand down to us a better knowledge of this property of *Electron*, or electricity, than of any more recent subject of investigation.

What is the fact? One hundred years ago it was practically as much a mystery as ever, and Prof. Henry, whose invention of the practical form of the electro-magnet made telegraphy and practical electricity possible, has but a very few years been resting in the quiet precincts of Oak Hill.

No scientific study has developed such wonderful commercial results. We no sooner grow accustomed to the surprises of telegraphy than the telephone makes its Bell resound in every ear. As we become convinced of the truth of this seeming impossibility, we are startled by the

brilliance of an unaccustomed light. Under its illumination we can see on all sides the busy ateliers turning out magnetic machines for every purpose that men could have, until we see not far ahead the gradual abolishment of steam as a source of motive power.

Surely, this bespeaks a perfect knowledge of that subtile fluid that Franklin deftly lured into his battery by a kite-string.

Investigators, who make electricity a specialty, are compelled to confess that, notwithstanding the remarkable powers that they have revealed, these are as pebbles on the beach compared with the vast ocean of undiscovered possibilities, only awaiting some Columbus to courageously embark upon its inviting bosom.

Some one has said that a dew-drop contains enough electricity to blow up a house. Professor Faraday, who never made a careless statement, said, "The chemical action of a grain of water upon four grains of zinc, *can* evolve electricity equal in quantity to that of a powerful thunder storm. Is there not, then, great reason to hope and believe that by a closer experimental investigation of the principles which govern this subtile agent, we shall be able to invent new instruments which shall a thousand-fold surpass in energy those which we at present possess."

It will be well understood how it is possible for different persons to make statements that seem conflicting and yet all be facts. This is a necessary caveat in a book like the present. Its principles may seem to contradict the teachings of other books or instructors; but in the midst of so much undeveloped wealth, every delver may bring forth things new and old.

This chapter is introductory to the rest and must contain an explanation of some terms and principles which will make Magnetism more intelligible than it could be otherwise.

Some facts have been so constantly demonstrated as to be looked upon as settled beyond all probability of contradiction.



The chief of these axioms is, that *all substances whatever contain electricity.*

This latent electricity is only made sensible to us under peculiar circumstances. One of these is the contact of two dissimilar substances—for instance metals. Take any two different metals, as a piece of zinc and a silver teaspoon, put one over the tongue, the other under that organ. While thus separated their latent electricity is quiescent. But touch their outer ends and a new taste is instantly presented to the sensitive papillæ of the tongue.

This simple experiment contains in it the explanation of all electrical generation. There are two sources of electrical motion here employed. First, the contact of two metals, each containing a different degree of electricity, which tends to equalize itself upon their contact, thus producing electrical motion. Second, the connection of two metals by a weak acid, the saliva, which induces electrical motion by means of the chemical action that results.

We can thus construct two kinds of batteries, one consisting of a large number of alternate plates of any two metals, which is known as the Voltaic Pile, the other being a series of such plates dipped into a tank of some powerful acid, called a Galvanic Battery.

Another axiom of this science is that electricity disposes itself upon the surface of objects. Hence arose the popular but mistaken term, electrical “fluid,” because it seemed to flow like an imaginary liquid over the surface of things it traversed.

No substance—whether solid, liquid or gas—refuses to conduct electricity. But all substances present a varying amount of “resistance” to its progress. In some, such as glass, wood, vulcanite, &c., this is so great as to practically make these “insulators.” Yet sparks have been developed of such tension as to penetrate over three inches of solid glass.

Whenever electricity is insulated and not allowed to flow, it is called “Static;” but when a “current” is set up it is known as “dynamic” electricity.

Our most familiar illustration of these conditions is seen during a thunder storm. Each cloud is charged with static electricity of great accumulated tension, but when they approach near enough for the resistance of the air to be overcome, then a discharge or "current" is set up, whose dynamic effect often sends terror to the beholder. "Density" is a term used for convenience, by which is indicated the amount of electrical energy on any given surface.

Experiment has shown that density varies, in accordance with the outlines of a conductor.

Only on spherical surfaces is the density alike at every spot. On objects of other shapes the density increases on all projecting parts, becoming the greatest as a *point* is approached, while in depressions it decreases until it may be practically nothing.

Another fundamental discovery is that there are two equal and opposite electricities, technically called "Positive" and "Negative."

When amber is properly rubbed it develops electricity that *attracts* light articles to it. But glass, rubbed upon silk, develops electricity as well, yet things are *repelled*. For a long time these two forces were termed "resinous" and "vitreous" electricity, and later the terms negative and positive supplanted their earlier terms. Benjamin Franklin maintained a theory, which became popular, that these were but opposite manifestations of one and the same electricity. But later research has convinced us that there are two distinct though concomitant electricities, as they can be made independent use of; for example, in multiple telegraphy. Whenever these electricities are separated, even in the slightest degree, there arises a proportional desire for their union and equalizing. Until this occurs there exists what is called electrical "tension," which may become so great as to break all previous bounds.

Theories are constantly changing as new developments are attained, and no honest investigator holds rigidly to

any hypothesis, but daily anticipates even an entire revolution in the philosophy of this marvelous double-force.

At present the verdict seems to lean toward the judgment that electricity is not a fluid or a substance, but rather a *vibration*, like light, sound and heat. What makes this more plausible is the close analogy between heat and electricity in certain respects.

Electricity exerts an instant and powerful effect upon surrounding objects, just as heat does by what we call radiation. This influence is termed "Induction." Induction has a peculiar effect upon all objects. When a body is in electrical equilibrium there is no tension, current or other phase of electrical phenomenon. But upon the approach of another body induction sets up, by which there comes a new state of electrical condition, in which the opposite electricity to that of the approaching body is driven to the side nearest to it, and the other kind to the reverse situation. This is called "Polarity." Faraday proved that induction is caused by the polarity of the intervening particles of the atmosphere, which offered too much "resistance" to permit a "current" or "conduction;" hence polarity was conveyed from atom to atom of the air until the object that manifested the effects of "induction" was reached and influenced. The ordinary compass shows the effect of induction, the needle being influenced by the magnetism of the earth, so as to always point toward the North. This is one of the most useful phenomena, and especially so in the study of Personal Magnetism, as we may more clearly see in the following chapters.

Let us make a summary of the present chapter and find what relation it bears to Human Electricity.

The following important facts are before us:

1. We are yet upon the threshold of our knowledge of Electricity.

2. All the old and apparently established *theories* concerning this mighty agent may, by a single experiment, a single *fact*, be completely overturned in the near future.

3. Every substance, whether solid, gas or fluid, contains electricity.

4. There is not a bone, muscle, fibre, drop of liquid, or particle of matter in the human body but contains electricity.

5. One drop of blood contains sufficient electricity to evolve a well-regulated thunder storm.

6. Electricity disposes itself upon the surface of objects.

7. Electricity held in check by insulation is called *static*.

8. Electricity in motion or in current, as it is called, is termed *dynamic*.

9. Density means the amount of the electrical energy.

10. The best theory at the present day is that electricity is not a fluid or a substance, but a *vibration*, like light, sound and heat. If this is true, it is an important explanation of the phenomena of Personal Magnetism. The many thousands of experiments in this art coincide, in their results, to such a theory; but the whole line of study mapped out in this book follows the teachings of facts rather than theories, on the principle that one *fact* is worth more than a thousand *theories*.

It is well, however, to bear in mind that the author agrees with the most advanced views of the scientists of the present day that electricity is a *vibration*. If this is remembered, much that follows will be more easily understood.

"Induction" is the process by which another person or object is influenced. That actual contact or near approach is not necessary is clearly proven by the magnetic needle, which feels an influence exerted thousands of miles away; yet, were this not a fact established beyond all power of contradiction, no person could be found at the present day to believe it. So in the Art of Personal Magnetism the author himself confesses he would not believe his own assertions were they not already perfectly proven, and he is as much surprised by them as any one can be.

More of this later on.

*"The Silent Influence of a Magnetic person is Irresistible."*

## CHAPTER FIVE.

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### HUMAN MAGNETISM.

Homer describes the gods viewing the fierce contests on the plains of Troy, from the summit of Mount Ida. A later tradition tells of the astonishment of an humble shepherd, on this same summit, when he beheld his iron-bound staff leap from his hands and cling to the projecting rocks. History seems clear in pointing to this locality of ancient Magnesia, as the scene of the earliest discovery of that wonderful ore or "stone" that would lift a "load," hence called the Loadstone. Very naturally was this force called Magnetism, and the ore a Magnet, out of deference to the place of its discovery.

This may be the very locality alluded to in the Arabian Nights as the Magnetic Mountain which drew out the iron bolts and fastenings from passing ships, and sank them instantly.

Men were not long in discovering this magnetic iron-ore in other places, and putting it to various tests of usefulness. Chief among such experimental discoveries was the power it possessed of magnetizing a needle so that it would always point due North. Even in English annals we find the "sailing stone" mentioned as early as the twelfth century; but it was known and used long previously by other nations.

A piece of ordinary iron will exhibit magnetism as long as a current of electricity is passed through coils of insulated wire around it. This process is called Electromagnetism, and was employed long before the seemingly self-evident discovery was made, that a magnet inside of such a wire helix would set up an electrical current, which

is very appropriately termed Magnetic-electricity. Both of these methods are in daily use.

The purposes of this book only demand a knowledge of the underlying principles of electricity in its relation to magnetism, and not an explanation in detail of discoveries and their applications, scientific and commercial.

One of these principles is that magnetism is induced only by dynamic, and not by static electricity.

Another fundamental discovery is that vibration, of some sort, is a great assistant to the process of magnetizing.

Experience has also taught that the electricity of the earth magnetizes all things upon it, which is of course more evident in articles of iron than in those of poorer conductivity. Many war vessels, therefore, were lost before this effect of their magnetized guns upon the compass was noticed.

The practical bearing of these facts upon our subject will doubtless become apparent before the book is laid aside.

Scientifically, magnetism is only a peculiar phase of electrical phenomena, and is not a different force, *sui generis*. But its manifestations are more easily classified and popularly understood if we look upon it as something different, though depending upon, and related to electricity.

It seems strange that up to one hundred years ago, men were ignorant of the existence of animal magnetism.

A few years before the Declaration of Independence received the signature of Benjamin Franklin, at that time the greatest philosopher of this continent, another great scientist, Galvani, professor in Bologna, was preparing some frogs to be cooked for his sickly wife. Happening to touch two different metals in contact, to certain nerves and muscles, he was surprised to see the frogs' lifeless legs resume all the activity of their accustomed motions. Others had noticed this result, but had not been led to investigate its philosophy.

After his death Prof. Aldini, a nephew, travelled through Europe demonstrating the truth of Galvani's statements

and theories, which had been misrepresented and repudiated.

A favorite experiment of his, was to form a battery out of several heads of recently slaughtered cattle, connecting their tongues and ears alternately by wires. The result was always surprising and conclusive. Aldini, among other things, maintained :—

“That muscular contractions are excited by the development of electricity in the animal-machine, which is conducted from the nerves to the muscles, without the concurrence of metals.”

“That all animals are endowed with an inherent electricity, appropriate to their economy, which, secreted by the brain, resides especially in the nerves, by which it is communicated to every part of the body. When a limb is to be moved, the nerves aided by the brain, draw some electricity from the interior of the muscles, discharging this upon their surface, they are thus contracted as desired.”

In our chapter on Electricity it was stated that chemical action could produce galvanic currents. When we remember that almost every portion of our body is bathed on one side with an alkaline, and on the other with an acidulous fluid, we may justly consider the human frame an electric battery, and one of no inconsiderable dimensions.

Was it not the shrewd Napoleon I, who said, when he first saw a voltaic battery :— “*Voilà l'image de la vie : la colonne vertebrale est le pile ; la vessie, le pole positif ; et le foie, le pole negatif.*”

We know that electricity and magnetism exist in all things. We are assured that its power vastly exceeds our present acquaintance with it.

We have also seen that the very air becomes polarized and sets up induction between adjacent bodies.

“Although Mesmer—who pretended to heal disease by means of the loadstone—was undoubtedly a quack ; and while perhaps much that is called mesmerism is appropriately named after him ; yet does not our present scientific knowledge justify us in confidently expecting a real and

rational mesmerism, that results from the intelligent employment of the wonderful battery in which we live, and by which our every thought is carried into action ? ”

The human frame is, so to speak, filled and dominated by latent magnetism. Hence the brain, which appears to be the seat of the soul or “ego,” is properly a sensitive electrical condenser, ready at any instant to charge any nerves that they may set their appropriate muscles in action, whenever that “ego” touches the magic “key” which completes the “circuit.”

Thales, then, considering that he lived twenty-five hundred years before our day, was not far out of the way, when he said that “electricity is the soul residing in electron.” This statement modernized, is that, “Electricity is the Life.”

To sum up this chapter in a few words, we find the following propositions to be true :

1. Electricity constitutes the chief element of the *vital-force* of the brain and body.
2. Dynamic electricity, and not static, induces magnetism.
3. Human magnetism is the *vital-force* at work.
4. The vital-force in a static condition is not magnetic.
5. The latent magnetism of an individual is quickly awakened by the vibratory current of a magnetic person through the action of the voice, eye or touch.

The subsequent chapters more fully investigate this power.



*"An Ether, Thinner than Air, more Subtle than Thought, and more Rapid than Light, fills all the Space of the Universe."*

## CHAPTER SIX.

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### THE UNIVERSAL ETHER WHICH FILLS ALL SPACE, AND SERVES AS A MEDIUM OF INFLUENCE FROM MIND TO MIND.

The object of these theoretical chapters is simply to satisfy the mind of the reader that there is a philosophy back of the exercises which experience proves are able to develop an attainment of personal power not otherwise enjoyed. The practical portion of this book needs no hypothesis. It is the product of actual practice. Our theories concerning the results may be erroneous, but the benefits that have universally accompanied this course of training are beyond the reach of doubt.

Nevertheless, we feel confident that the finger of science has been pointing too long in the direction of our theory to vary much from the meridian of truth. While it is in a practical sense unnecessary, yet we believe it will be interesting to every pupil to glance with us over the panorama that covers so much of history and humanity.

The brief view we have taken of electricity showed us a wonderful latent force permeating all things, and, in our own bodies, evidently under control of the will. The known laws of this force teach us the possibility of mutual influence between people, in proportion to their differences of electrical density and environment. Every person not in good electrical contact with another polarizes himself and his neighbor. Under favoring conditions the tension of this polarity may leap all bounds and set up an interchange of dynamic electricities. Some of these inducing elements are: a greater difference of density between the

parties; sufficient approximation to reduce the resistance of the air or other conductors, and a vibration of the air itself; as, for instance, would be perfectly secured by a full resonant voice in action.

We know that persons affect us differently; some soothe while others excite us. This influence varies according to the time, place and weather, and most evidently in accordance with our own electrical condition, or, as we familiarly say, our "health." Undoubtedly much of this is directly the result of electrical disturbance within us.

The writer has frequently been able to draw brilliant sparks from his knuckles, and by them has repeatedly lighted the gas. We are all familiar with the electrical tension in a cat's fur on a dry day; and every lady knows how difficult it is to dress her hair when the atmosphere favors its polarity. Some animals, like the electric eel and Torpedo, are literally galvanic batteries of numerous "elements," and store sufficient electricity to seriously, if not fatally, affect the person who handles them when alive, for the discharge of current is controlled by the animal's will.

We find that in addition to the well-known ordinary electricity in our bodies, which seems to act independently of our wishes, there is a similar force that seems to be related directly to our volition, and yet is distinct from that electrical fluid that accompanies every muscular action.

The force now in question is one which manifests electrical phenomena on external objects when the mind so intends.

Perhaps the most conclusive experiments upon this force were those referred to by Humboldt in the Organ of the French Academy.

"M. Du Bois is the skillful experimenter who first and alone succeeded in making the compass-needle deviate by the will of man; that is to say, by that electrical current which produces muscular tension. That deviation was effected at great distances and ceased when he did not keep

his muscles tense.”\* Of this electricity it has been said that it is developed in the greatest degree in the evening.

Doubtless this is mainly what makes us “feel the approach” of people into a dark room at night, when no sound is heard. In this manner a noiseless burglar will awaken the sleepers. We can thus understand Shakespeare when he makes the witch say, †as Macbeth silently seeks the midnight oracle.

“By the pricking of my thumbs,  
Something wicked this way comes.”

While we are daily witnessing the results of this undoubtedly electrical force as exerted by us upon people and objects, we are just as cognizant of a similar force that seems distinct from electricity, though closely resembling it in its laws of action.

Cuvier, one of the greatest zoologists, noticed this distinction. He had ‡“no shadow of doubt that the proximity of two animate bodies in certain positions has a real effect independent of the imagination of one of the two.”

Pliny, another great naturalist, who perished while investigating that eruption of Vesuvius which destroyed Pompeii, wrote, nearly twenty centuries before Cuvier: ||“There surely exists in men a certain power of changing, attracting and of binding whatever he *desires* or wills to attract, change, bind or impede.” One familiar example of this power is the soothing or inspiriting effect of suitable music upon us. The band is as necessary to the army as its other equipment; and in olden time King Saul could only be decoyed from madness by the soothing strains of David, the harpist, and the Sweet Singer of Israel. The value of music as a conductor of this force is referred to by one of the best known §Greek writers as being successfully employed from the earliest times upon man and beast.

\*Compte Rendu, 1849, p. 576.

†Tragedy of Macbeth, Act IV, Scene I.

‡Anatomie Comparée, Tome II, p. 117.

||Pliny's Natural History, X, 142.

§Xenophon's Memorabilia II, 10 sq.

In many ways we find proof of the fact that there are some results caused by some mysterious power that seems to be different from anything mechanical, electrical, mental or physical; it must evidently be a new force—scientifically.

A German writer of high authority says: \**“Of its nature we are as ignorant as we are of light and electricity; but with its properties we are nearly as well acquainted as with those of light or other imponderable agents.”*

When we recall how many centuries electricity had been known, used and investigated, and even now cannot be said to be understood satisfactorily, we may feel more reconciled to the comparative ignorance that exists as to this force that has also been used and studied for ages, and is more or less consciously exerted by everyone. We see here a strong probability that marvelous developments and applications of this force may at any time reward the successful investigator.

In our natural haste to satisfy curiosity we must not forget that even the highest science can never *explain* the phenomena of nature. It can only discover results, classify them and deduce a theory to link them logically together; but these hypothesis are not explanations.

This desire for an “understanding” of every new phenomenon has hindered the practical employment of this force for the serious concerns of daily life. It has been relegated to the deceivers, until it is popularly identified with hallucination and humbug. To rescue this valuable endowment of nature from the unwarranted neglect which it has suffered because of this ill-advised prejudice, has been the underlying purpose of these chapters with their accompanying exercises. Let us then impartially consider some statements that are based upon a widespread region of homogeneous fact.

There is some force, means or agent by which mind is enabled to act on matter, and yet which is itself entirely distinct from mind or matter.

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\*Müller's Physiology, III.

This agent must be ranked with the kindred attractive forces of nature, such as electricity, gravity, capillarity, &c. It is quite similar in its operation to magnetism and electricity, and perhaps invariably is accompanied by them.

It is developed together with and augmented by what I may term muscular electricity, both being greatest in nervous temperaments.

Shakespeare's Hamlet, when so excited as to imagine that he sees the spirit of his father, becomes surcharged with this electro-nervous principle as to act upon the imagination of others until they have the same mental picture. Those strange epidemics that gave rise to the Crusades, may be readily accounted for. And many scientific writers ascribe the equally strange developments during the disgraceful days of witchcraft in New England to an epidemic of this same subtle agent.

The changing hues of the chameleon are now discovered to be accompanied by the electro-nervous symptoms that betoken a great development of this force.

\*Wilkinson and †Lane testify to the employment of this force during the entire history of Egypt, down to the present day. ‡Ancient writers certify to the same knowledge and practice among other nations.

The process of initiation into the mysteries of those occult arts, which have practically employed this vital force, reveals the necessity for strong will-power and nervo-electric tension to develop this force to its utmost in the special direction desired. ||The novitiate must sit by a lonely fire all night in a dense jungle and faithfully stir some mysterious ingredients.

This calls to mind the witches visited by Macbeth, alluded to above. A person who could endure this ordeal would possess an unusual amount of mental and nervous

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\*Ancient Egyptians.

†Customs of modern Egyptians.

‡Aelian, Liber I, and Strabo, XIII, XVII. Also Herodotus II, IV; Macrobius, Sat. I; Pliny, LX; Diodorus Siculus, I.

||Buyer's Northern India, 369 sq.

control. In these things we must agree with Pliny, who said, concerning Magic, "It is dishonest, useless and frivolous, but nevertheless has its shades of truth." Their confidence in the existence of a reality in connection with those feats, led all the ancient philosophers to attempt a solution of the problems. Galen said, \**"These things I have not tested, neither have I denied them; because, if we had not seen the magnet attracting iron, we would not believe it."* Cicero, in like scientific manner said, †*"I am contented in that even if I am ignorant in what way a thing happens, yet what does happen I know. And different minds must come to substantially the same conclusions."*

Various terms have been applied to this mysterious force. Plato called it the "soul of the world." Others called it the "plastic spirit of the world," while Descartes gave it the afterward popular name of "animal spirits." The Stoics called it simply "nature," which is now generally changed to "nervous principle."

In the earliest days there prevailed a theory that all motive influences in nature—which we know to be, as they insisted, intermediate between spirit and matter—make up the soul of the world, which embraces human spirits. Long before Plato, it was believed, that there is one great pervading, embracing, universal spirit, filling immensity. This was the moving power of all material things.

Cicero, in commenting on this theory, says: ‡*"In what way this mysterious influence is communicated, can no more be explained than can any other mysteries of nature's simplest operations, as for example, the growth of plants."*

Various have been the philosophies and theologies that this primal hypothesis has been made to establish. This, however, need not blind us to the theory itself, so far as it relates to phenomena that seem to accord with it. But, some two centuries since, an eminent astronomer, Huygens,

\**"On Incantation in Healing."*

†*"De Divinatione."* I. II.

‡*De Divinatione. Liber II, 22.*

whose researches perfected the pendulum and the air-pump, adopted a corresponding theory, and called the all-pervading substance "Ether." In this he was joined by other mathematicians and the view is generally accepted now.

They believe that all space, including the very substance of things, is filled by a subtile, elastic fluid, analogous to air, by the undulations of which all phenomena of motion—such as light, heat, electricity, etc.—are produced. Experiment has demonstrated the existence of such a substance in a *vacuum*, and everything seems to fall in line with the hypothesis.

In the light of this modern theory, how clearly do we see the idea that Plutarch held when he said: \**"There is a universal medium. For since there are very many worlds, and to each one its own medium, all substances must on all sides approach one medium. This is by some considered supernatural; but in reality it is natural; a faculty of our minds."*

The above mentioned epidemics of nervous phenomena, that evidenced an abnormal exercise of this principle, would accord with this theory.

We may therefore feel confident that there is, what we might call, a universal atmosphere which encompasses, at least, all beings on this globe. Just as we individually breathe the same air and take our separate lives from its chemicals, so this ethereal principle sustains our power of activity and personal influence, and is everywhere ready to be judiciously used, or refused, as we will.

So careful a writer as Herschel thus sums up our knowledge on these questions: †*"Perhaps the most remarkable effects of electricity disclosed by the researches of Galvani and Volta, consisted in its influence on the nervous system of animals. The origin of muscular motion is one of those profound mysteries of nature which we can scarcely venture to hope will ever be fully explained. Physio-*

\*Plutarchi Opera. Liber VII, passim.

†Preliminary Discourse on Natural Philosophy, by Sir John Herschel

logists had long entertained a general conception of the conveyance of some subtile fluid, or spirit, from the brain to the muscles, along the nerves. This will probably ever remain inexplicable; but the principle once established that there exists in the animal economy a power of determining the development of electrical excitement, capable of being transmitted along the nerves, it became an easy step to refer the origin of muscular action to a similar cause."

Another investigator has said: \*"The primitive fibres of all the voluntary nerves being at their central extremity all spread out in the brain to receive the influence of the will, we may compare them to the keys of a piano on which our thoughts play or strike, and thus give rise to currents or vibrations of the nervous principle in a certain number of primitive fibres, and consequently to motions."

With Hesiod commenced the philosophic theories of the Greeks. He suggested to them the sublime conception that all spiritual beings and material existences are united by a chain. Pythagorus followed with that majestic theory described by Timaeus, in the "soul of the world." That theory of mutual attractions that holds worlds in their places, making them give forth as they move in their orbits, "the music of the spheres." Plato perfected that system, which, resolved all immaterial principles, such as chemical, capillary and magnetic attractions, and the wider attraction which holds worlds in their places, into one "circle" or ring of influences.

This opens up an immeasurable field for the imagination, and satisfies us that we are all more closely linked with the universe and its wonderful secrets and potent forces, than would seem possible to the casual thinker. We could wish that this might act as an inspiration to the student of Personal Magnetism, urging him steadily on through the necessary training that will prepare him to lay hold with an almost Herculean grasp of the powers that a lavishly beneficent nature has scattered around him.

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\*Mueller's Phys. Book III, 1.



"The Meaning of all Terms should be made Clear to the Student."

## CHAPTER SEVEN.

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### DEFINITIONS.

1. "*Mechanics of Personal Magnetism.*" A series of Exercises and Regulations whereby the nerves are made subject to the will, and are then super-charged with magnetic power.

2. "*Negative Mechanics.*" That portion of the exercises set apart for the special purpose of removing nervous defects and tendencies.

3. "*Positive Mechanics.*" That portion of the exercises set apart for the special purpose of super-charging the nervous system with magnetism.

4. "*Regime.*" The daily conduct of the pupil.

5. "*Internal Energy.*" A certain power within, which is able to direct the magnetic forces outward.

6. "*External Energy.*" The mere muscular action of the body, which, when not acting in unison with Internal Energy, wastes the *nerve-force*.

7. "*Nerve-Force.*" An electro-magnetic influence of a vibrating character, generated by the principle of life, and usually wasted at the surface of the body, but capable of travelling great distances and controlling any form of life which can hear, see or feel, more especially the Human race. When so used it is popularly called "*Personal Magnetism.*"

8. "*Nervousness.*" The action of the *vital-force* moving without command from the will, or contrary to the will.

9. "*Nervous Prostration.*" The exhaustion of the *vital-force*, or an inability to generate a sufficient amount to supply the waste. It is well to distinguish between this malady and nervousness. The former is, of course, the

outgrowth of the latter. While the *nerve-force* is in good supply, but erratic in its action, it is called "nervousness." In persons suffering from prostration there is generally no erratic action, as the vitality is too weak.

This exhaustion robs the blood circulation of its tone or health.

It weakens the bones by making them like the bones of dead people.

It weakens the stomach.

It destroys the tone of the cuticle and skin by the dead-wood of weak fibres.

It weakens the hearing by causing a part of the sounds to be obscured.

It weakens the sight and causes films or small specs to move in front of the eyes.

It weakens the mind and often leads to insanity by the exhaustion of the *nerve-force*.

Nervous prostration and the tendency to it may be cured by the exercises of this book.

*Medicine never yet cured or prevented a case of nervous prostration.*

People who do not care to cultivate magnetism may simply devote themselves to the "Negative Mechanics" in the lessons to follow, and they will thereby obtain benefits to the nervous system that can be procured in no other way.

10. "*Voluntary Muscles.*" Those that may be moved in obedience to the will.

11. "*Involuntary Muscles.*" Those over which the will has little or no control, moving in obedience to the laws of life. Their action being slower, no loss of *nerve-force* occurs.

12. "*Straight Lines.*" Imaginary lines in the air through which the *extremes* of the body pass in making movements.

13. "*Extremes.*" Any part of the body from which, *by shaking*, water could be thrown, as the fingers, elbows, head, feet, knees, and others.

14. "*Angles.*" Sharp turns made in any movement.
15. "*Circles.*" Imaginary rings made in any movement.
16. "*Curves.*" Parts of circles.
17. "*Leakage.*" The outflow of *nerve-force* from any one or more of the *extremes* of the body ; this outflow is caused by constant small motions which are unperceived by the person making them, but which in a few hours will pass off into the air, great quantities of vitality, that, had it been retained would have been converted into magnetism. *Leakage* always occurs without *Internal Energy*. The latter power is capable of being developed so as to supply an unlimited quantity of *nerve-force*.
18. "*Leaker.*" A person whose waste vitality has not been checked by training. Everybody who has not passed through the Negative Mechanics of this book is a *leaker*.

*"Rules are made by Man ; Principles by some Higher Power."*

## CHAPTER EIGHT.

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### RULES FOR PRACTICE.

RULE 1.—*Always practice in a room or place where no other person is present ; unless it is somebody who owns a book, and is practicing with you. This latter arrangement is better, as it will expedite the counterpart practice of the next volume of advanced lessons in the "Magnetic control of others."*

RULE 2.—*Always write down upon blank leaves pasted in the book, at every other page, the time you spend in practice, and any questions that may occur to you.*

RULE 3.—*When any fatigue or excessive irritation is apparent, stop and rest, closing the eyes ; then resume. The tired feeling will pass away after a few rests.*

RULE 4.—*Practice at least once every day the Dead Still Sitting Exercise, No. 44 of Chapter — and the Dead Still Standing Exercise, No. 52 of the same Chapter ; no matter what else you may be doing.*

RULE 5.—*Seek to adopt in daily life all the results sought for in all the exercises, and also the suggestions under Regime.*

RULE 6.—*Read and re-read the descriptive Chapters of this book, at the rate of at least one Chapter each week, repeating when the descriptive portion has been finished.*

RULE 7.—*Do not loan this book to any person, not even your wife or husband or to any member of your family.*

This book should be your teacher; it should bear your notes; it should stand in a closer relation to you than any other thing; the reason of all this will appear in the next volume of Advanced Lessons in the "Magnetic Control of Others."

*"We know what we can Prove ; all else is Speculation."*

## CHAPTER NINE.

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### EXPERIMENTS.

Every word of this book up to the present page should be carefully read and understood before proceeding further. This having been faithfully done, the pupil is ready for actual training in the Mechanics of Personal Magnetism."

You are a stranger to us ; we know nothing about your nerves or their defects. We simply know that no person possesses perfect nerves, unless they have been carefully trained. Defects abound everywhere. The chief defect is called "Leakage of Magnetic Force."

The experiments of this chapter are designed to detect and stop this leakage. Let us for a few lines consider the subject of leakage.

It must be constantly borne in mind that the human body is an electric battery of no ordinary degree, and may be made one of mighty force ; that as Faraday once said, a grain of water contains latent electricity enough to generate a thunder storm, so every particle of the body is charged with this agent ; that the principle of life is constantly generating it, and by the action of the will it may be made dynamic and then magnetic ; and finally, that the magnetic force of the body, which all persons possess, is constantly passing away, oozing away, or in a better and more homely term, *leaking*.

Many persons will possess much more magnetic force if they stop the leaks of their body. This word leak refers to a passing out and away from one's control of this power into an ether or inner atmosphere, which pervades everything, not only the air of the earth, but the realms

of space, where no air exists. This ether by its vibratory activity will readily carry a magnetic impulse as swiftly as lightning travels the clouds.

In the thousands of experiments which the author has made to substantiate the truth of the tests employed in this chapter, it has uniformly appeared that the magnetic force of the body is lost in any of the following ways :

1. Sudden starts.
2. Sudden stops.
3. Angular or sharp turns.
4. Shaking or trembling.
5. Unsteadiness.

It will be seen that water cannot stay upon the hand if a quick motion is given the hand in starting. Place some beans carefully poised on the back of the right hand, so easily moved that any suddenness of motion will dislodge them. If the hand commences to move quickly the beans fall; or, if while moving the hand stops quickly, the beans fall.

The magnetic force of the body is even more delicate. Every sudden start, however slight, throws off this valuable influence, and a sudden stop is equally bad.

To carry out the illustration further with the beans, which in fact are not so delicately poised as the magnetic force, let the hand commence a movement, and instead of suddenly stopping, turn sharply; this will dislodge the beans. So by shaking or trembling it would be an easy matter to throw off water or any other substance from the hand or body, as the dog shakes himself dry.

The fifth cause, "Unsteadiness," is the most serious wasting agent of magnetic force known. Persons who are said to have unsteady nerves, or those who cannot perfectly control every motion of the body, even in the most delicate undertakings, are the greatest leakers of magnetic force. It is oozing out every moment of their waking hours and nearly all the time during sleep. From sunrise to sunrise, leak, leak, leak!

A principle of great importance is involved here. The proposition is this:

1. The principle of life generates magnetic force in normal quantities.

2. "Internal Energy" generates it in great quantities, and supercharges the nerves and brains.

3. Persons of normal self-control use it only as fast as it is generated.

4. Persons who leak, or *leakers*, waste it much faster than it generates, by which temporary exhaustion or very tired feelings are produced; and every unusual exertion in business, or in thinking, causes great weariness. Such persons are unfitted for great undertakings in life, while this leak is going on. They attribute it to ill-health and swallow bottles of medicine, when no medicine will reach the difficulty.

5. "Internal Energy" supplies the magnetic force as fast as it can possibly be used.

6. Leakers have no Internal Energy, and consequently cannot supply the waste.

7. All persons are *leakers* (unless trained).

8. Leakers must therefore check the waste, WHICH IS THE WORK OF THIS CHAPTER.

9. They then have normal self-control.

10. The next step will be to develop "Internal Energy." When this is accomplished, the final process is to acquire the "Magnetic Control of Others." While all these processes are going on the pupil is growing healthier, heartier, more manly and more womanly in a physical sense; the nerves and brains are reaching a state of health and power that will give tone to anything undertaken in life.

Much will be said and done later on in this book concerning "Internal Energy." At present we hasten to the

#### EXPERIMENTS.

We shall in the first place endeavor to learn how far you may be deficient in perfect nerves. Weak nerve-control is the chief cause of *leakage*.



To make your work more intelligible to yourself, please answer the following questions :

First question. What is Human Magnetism ?

Second question. What is the Will ?

Third question. What is Magnetic Force ?

Fourth question. What is Leakage ?

Fifth question. What relation is Leakage to Nervousness ?

Make your answers in writing, first, without looking back under "Definitions," and then compare your answers with the text.

#### FIRST EXPERIMENT.

Take a sheet of note paper, neither too stiff nor too thin ; tear it in halves ; hold one half of it in the hand by placing the thumb and two fingers at the lower corner of the paper, holding the hand about a foot from the chest, and the elbow away from the body. The entire arm must be free—that is, must not touch anything, nor have any means of support.

If a mirror is convenient it is well to locate some fine spot on the glass (if it has none, place an ink spot there), and hold the paper so that the upper opposite corner from that in the hand shall be on an exact line with the eye and the spot on the mirror. Hold this for twelve seconds, and note the deviation of the corner of the paper from the spot. If there is no deviation, you are ready to undertake the second experiment. If there is, you should practice this until you can prevent any departure, however slight, from the spot indicated.

#### SECOND EXPERIMENT.

Take a sheet of Congress paper, tear it in halves and hold it in the same manner as in the first exercise. . Persist in practicing until there is no deviation even of a hair's breadth. Do not be discouraged if it takes weeks, and if you do not see any change at all at first. The left hand may be employed about one-quarter of the time, or

*vice versa*, if the pupil is left-handed. It may be necessary to resort to Regime for aid in hard caaes.

#### THIRD EXPERIMENT.

When the last exercise has been mastered the pupil may take a sheet of the larger size foolscap paper, tear it in halves, and continue as before.

#### FOURTH EXPERIMENT.

When the third exercise has been accomplished the pupil may take an entire sheet of foolscap paper, and, without tearing it, open the whole sheet and hold it by the lower corner, having the thumb and two fingers upon as small a portion of it as possible. The paper must be just stiff enough to stand alone. Making a hollow curve diagonally across the centre will aid in keeping it stiff.

Be sure that the elbow has no support and is extended from the body.

#### FIFTH EXPERIMENT.

Fill a goblet two-thirds full of water; take it at the small part, just above the bottom, by the thumb and first finger only, and hold it for thirty seconds on a level with the chin, the elbow being away from the body and the whole arm free. The water must not shake or even tremble. Rest.

Hold it in the same way, employing the thumb and second finger only, for thirty seconds. Rest.

Hold it in the same way, employing the thumb and third finger only, for thirty seconds. Rest.

Hold it in the same way, employing the thumb and little finger only, for thirty seconds. Rest.

Your patience will be sorely tried.

These experiments will seem to make you "nervous;" you will say that instead of making you control yourself better, they irritate and vex your nerves. So it will seem at first, and likewise at all times when your leakage is

going on rapidly. This apparent "nervousness" is really the rebellious leakage being checked. It dislikes to be stopped. A "nervous" person wants to let the leakage go on until complete prostration ensues. There is a temporary agony in the checking of the outflow of this vital force. While the loss is going on the person walks and moves about, swings the feet or twitches the hands, tears paper, fingers some button or watch chain, gets in a rocking-chair sometimes, and shows every manner of restlessness. The down hill grade has begun.

To check it is at first to make the person suffer. Yet the great men and women of the world have somehow learned to stop this waste. Those who want to achieve greatness, or ever wish to learn to control others, must endure the suffering.

In conversation with those who have been magnetic and have been successful in life, it was learned that every one had made some effort to check this waste of vital force. Not one knew the principle involved, and not one had the advantage of any guide or help; and stranger yet, neither knew that any other person was endeavoring to reach the same result. Such conversations proved that our great men and women do more for themselves in private than the public suppose. Some of their efforts are often simple, child-like and even ridiculous. Yet they accomplish great ends.

You who give up now had better cease to hope for much in this world in the way of commanding talents.

#### SIXTH EXPERIMENT.

Take a goblet (not a tumbler) even full at the top with water. Place the bottom in the flat palm of the hand and hold the same at arm's length. The water must not be allowed to spill or even shake or tremble. The other hand may be tried occasionally. Then take two goblets of water, one in each hand, the water coming to the stop and slightly rising above the edge. Hold these in the two

hands out at arm's length for thirty seconds, without the slightest tremor or shake of the water.

You will not be able to do this at first, but perform it daily for a month and you will be surprised at the result. If you give it up before the full design is effected, you will yet learn what patience is, and patience helps to overcome the erratic action of the *vital-force*.

#### SEVENTH EXPERIMENT.

Go to some black-board, or, if you have none, procure a large sheet of stiff, dark-brown paper, or any substance on which a chalk mark will show. This should be upright. Previous to using the chalk you should draw with a lead pencil or pen a horizontal line across the middle of the board or paper, also a perpendicular line up the centre of the same, and a circle as large as the board or paper will allow, providing it is not more than three feet in diameter. This circle may be made by tying the end of a string into a loop, in which the pen or pencil is placed, while the other end of the string is attached to the centre of the intended circle, which may then be drawn with accuracy. Indelible lines should be made if possible, but do not have them wide. The finer the better.

As this exercise is of great importance and must be practiced often, and as the expense of a black-board, forty inches square, with white painted lines, is very slight, a well-equipped pupil will have one.

The first part of this experiment consists of tracing the *horizontal line* with a piece of chalk sharpened to a point, commencing first at the extreme left and moving the chalk slowly but smoothly to the extreme right. There must be no stopping nor jerking in the movement, and the same rate of speed must continue the same through the whole distance. Do not hurry and do not be very slow. The elbow must be free from the body and unsupported.

The object to be attained is to cover with the chalk line the permanent line of the board without stopping, halting

or hesitation, without deviation or departure from the permanent line.

The line having been traced to the right, it should be traced back again to the left hand. When this is perfectly mastered the same movements should be tried with the left hand. Do not expect to accomplish this in a week.

The next part of the experiment consists in tracing the perpendicular line in the same way, first down, then up with the right hand, and the same way with the left hand. Avoid haste.

The third part of this experiment consists in tracing the circle, first from right to left and reverse with one hand, and the same with the other hand. To a person whose *vital-force* has never been subjected to training it will appear difficult to trace the circle and not depart from the permanent line, at the same time preserving an even motion free from jerks, halts or haste. The circle may be traced two or three times in one continuous sweep of the hand if no stop occurs and if the chalk line does not leave the fine line of the board.

It is advisable to stop as soon a failure occurs, even if but an inch or two has been traced.

#### EIGHTH EXPERIMENT.

Repeat the exercises of the First Experiment, accompanied by a full, deep, prolonged respiration; that is, commence to breathe in as you commence to perform each exercise, continuing the exercise while the inhalation is going on, and prolonging one inhalation long after you think it impossible to hold more air, and then exhaling in the same way.

#### NINTH EXPERIMENT.

Repeat with respiration in the way last described, the exercises of the Second Experiment.

## TENTH EXPERIMENT.

Repeat with respiration in the way last described, the exercises of the Third Experiment.

## ELEVENTH EXPERIMENT.

Repeat with respiration in the way last described, the exercises of the Fourth Experiment.

## TWELFTH EXPERIMENT.

Repeat with respiration in the way last described, the exercises of the Fifth Experiment.

## THIRTEENTH EXPERIMENT.

Repeat with respiration in the way last described, the exercises of the Sixth Experiment.

## FOURTEENTH EXPERIMENT.

Repeat with respiration in the way last described, the exercises of the Seventh Experiment.

## FIFTEENTH EXPERIMENT.

Hold the arm free from the body and wholly unsupported, and very slowly and smoothly cause the thumb and forefinger to approach each other, touching as lightly as possible, without pressure. Both thumb and finger should meet half way.

Repeat this with each of the other fingers and the thumb.

## SIXTEENTH EXPERIMENT.

Hold the arm out at full length, in front, the hand on a height with the eye. Form an index hand, the back facing upward, the point of the first finger on a line with the eye and some spot on the wall. Hold this *forty-five* seconds without allowing the point of the finger to move a hair's breadth.

## SEVENTEENTH EXPERIMENT.

Approach some object (a table or desk is sufficient), and gently lay the points of the fingers upon it, commencing with the little finger, then the others in turn, and finally the thumb. This must be done slowly and without jerks.

## EIGHTEENTH EXPERIMENT.

While in a large room try to follow with the steady eye a line on a height with the head, or if there is no line, then an imaginary one, first from left to right, and reverse. Do this slowly fifty times each way. The eye must not move by small muscular jerks, but very smoothly and slowly. It is not easy to do, and do well. Do not wink while doing it.

If out-doors try it by following a horizontal line of mortar on a brick building, or the clap-board of a wooden one.

To those to whom the object of the foregoing experiments may not seem clear, it will be necessary to say a word:—

The pupil is asked to remember that the *vital-force* is the life of the body; from it is generated the Magnetism which controls others. It is constantly being formed, and some portion of it is constantly in motion. It propels the action of the involuntary organs by the decree of its Maker, and without the direction of the human will. The heart circulates the blood; the diaphragm attends to the breathing; and the stomach propels itself during digestion; and thus the trinity of life's movements, without each and all of which life itself would cease, may be traced to the action of the *vital-force*, and through that to some power beyond.

But here the line is drawn, and one of the Grand Principles of the Mechanics of Personal Magnetism is called into requisition:—

"No movement of any voluntary muscle of the human body must be made unless directed by the will."

The voluntary muscles are those whose motions may be operated by the conscious being.

As has been stated heretofore "nervousness" is a leakage of the *Magnetic-force* unpropelled by Internal Energy.

How much takes place may be seen in the foregoing experiments. Any trembling of the paper held in the hand, or any deviation of the chalk from the straight or curved lines is caused by the erratic action of the above-named force, or, in other words, it shows a leakage of the "Magnetic Power;" for, as we move the hand in one instance, so we move the whole body in others.

Leakage occurs in the following ways:

1. By unsteadiness of the hands, arms or body.
2. Twitching of the eyelids, or constant winking.
3. Drumming with the fingers after the habit has been formed, or with the feet.
4. Sighing.
5. Gaping.
6. Wakefulness.
7. Swinging of the arms, hands, legs, feet, head or body.
8. Rocking, after the habit has been formed.
9. Restlessness.
10. Twitching of the fingers, or any movement of any part of the body during embarrassment, or while speaking or being spoken to.
11. All kinds of embarrassment.
12. Awkwardness.
13. Longer exhalations (in point of time) than inhalations.
14. Stammering and stuttering.
15. Lack of fluency in speech where it cannot be attributed to want of words or ideas.

Who are exempt from all of these?

The cool, determined, successful, magnetic people of the world.



*"The Sands of Life Commence to Ebb in Infancy; we must Check them, if we would live for many years."*

## CHAPTER TEN.

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### DEAD STILL EXERCISES.

Next to the Chapter on Nerve Calisthenics, which appears in another portion of this volume, the Dead Still Exercises are by far the most important of any.

As a good student studies all his life, so there must be a constant use made of the principles involved in this Chapter, as long as the pupil lives. The exercises may be abandoned in a few months after they have grown into habit, but do not abandon the results they produce. The dead still attitudes concentrate the electrical or static forces, giving them an opportunity to accumulate while Internal Energy is going, and by a change of the static into the dynamic form of electricity, intense Personal Magnetism is developed.

Pupils have to grow into this power; they cannot jump at a bound. After the force has commenced to grow, it can be kept growing for many years, just as a child grows into manhood.

The pleasantest period of one's study of this Art is when he or she experiences the consciousness of the presence of a new power within, the Internal Energy. We would gladly lead the pupil to that happy condition by a flight to the mountain top, avoiding the toilsome plodding through the valley, if we could; but we cannot. Patience is a test of character; you must have character enough to be patient as you go slowly through the tedious drill of this Chapter.

Later on we shall commence the formation of Internal Energy. The principle is as follows:—

1. The accumulation and concentration of Magnetic Force can take place only while the body is dead still, and while Internal Energy is going on within.

2. The slightest movement of a voluntary muscle during accumulation causes rapid leakage.

You can see now why the dead still exercises of this Chapter ought to be mastered. If, when you attain some distinct results, you will compare your mode of conduct and mannerisms with those of the most magnetic and most successful men and women of the present day, you will see a surprising similarity, although the species may differ somewhat.

## PART I.

### SITTING STRAIGHT.

The movements which lead to the sitting position and those which lead from it are elsewhere described, together with the principles underlying them. This exercise deals only with the attitude of sitting.

Attach to the wall or to some object directly in front of your chair on a height with the eyes, a watch having a second hand. If you do not possess this article, mental counting must be substituted; that is, count silently one to each second, as nearly as may be estimated in the mind.

Sit down. Take as easy a position as possible, without supporting the back.

1. Looking steadily at the watch, (which must be on a level with the eyes,) try to avoid winking for *five* seconds. Rest a few seconds.

2. On resuming you may take the mind from the winking, and think exclusively of the fingers. Look steadily at the watch for *five* seconds and be sure that no movement of the fingers takes place. Rest a few seconds. Do not hurry, as it will cause a loss of time and labor.

3. Resume and look steadily at the watch for *ten* seconds,

without allowing the eyelids to move in the slightest degree. Rest a few seconds.

4. Resume and look steadily at the watch for *ten* seconds, without allowing the fingers to move in the slightest degree. Rest a few seconds.

5. Resume and look steadily at the watch for *fifteen* seconds, eyelids dead still as before.

6. Resume and look steadily at the watch for *fifteen* seconds, fingers dead still as before.

7. *Twenty* seconds, eyelids dead still.

8. *Twenty* seconds, fingers dead still.

9. *Thirty* seconds, eyelids dead still.

10. *Thirty* seconds, fingers dead still.

11. *Forty-five* seconds, eyelids dead still.

12. *Forty-five* seconds, fingers dead still.

13. *Sixty* seconds, eyelids dead still.

14. *Sixty* seconds, fingers dead still.

15. *Ninety* seconds, eyelids dead still.

NOTE.—When the eyes begin to water continue only five seconds after the unpleasant feeling begins. Do not keep too long at one time on the eye movements. Judicious practice will strengthen the eyes very much.

16. *Ninety* seconds, fingers dead still.

17. *One hundred and twenty* seconds, fingers dead still, and the eyelids as long as possible.

18. *One hundred and fifty* seconds, fingers dead still, and the eyelids as long as possible.

19. *One hundred and eighty* seconds, fingers dead still, and the eyelids as long as possible.

20. *Two hundred and ten* seconds, fingers dead still, and the eyelids as long as possible.

21. *Two hundred and forty* seconds, fingers dead still, and the eyelids as long as possible.

A repetition of the foregoing exercises with the addition of breathing is given below ; this repetition would not be necessary in the book were it not designed to preserve a list of numbered exercises so that the pupil may check off

each days work by numbers upon the blank pages which should be pasted in this volume, as before suggested.

22. Repeat Exercise No. 1, of this Chapter while respiring in a full, deep and prolonged manner; *five* seconds, eyelids dead still, and of course looking steadily at the watch.

[These details will be understood without repeating them in the following.]

23. Unite deep respiration with Exercise No. 2; *five* seconds, fingers dead still.

24. Unite deep respiration with Exercise No. 3; *ten* seconds, eyelids dead still.

25. Unite deep respiration with Exercise No. 4; *ten* seconds, fingers dead still.

26. Unite deep respiration with Exercise No. 5; *fifteen* seconds, eyelids dead still.

27. Unite deep respiration with Exercise No. 6; *fifteen* seconds, fingers dead still.

28. Unite deep respiration with Exercise No. 7; *twenty* seconds, eyelids dead still.

29. Unite deep respiration with Exercise No. 8; *twenty* seconds, fingers dead still.

30. Unite deep respiration with Exercise No. 9; *thirty* seconds, eyelids dead still.

31. Unite deep respiration with Exercise No. 10; *thirty* seconds, fingers dead still.

32. Unite deep respiration with Exercise No. 11; *forty-five* seconds, eyelids dead still.

33. Unite deep respiration with Exercise No. 12; *forty-five* seconds, fingers dead still.

34. Unite deep respiration with Exercise No. 13; *sixty* seconds, eyelids dead still.

35. Unite deep respiration with Exercise No. 14; *sixty* seconds, fingers dead still.

36. Unite deep respiration with Exercise No. 15; *ninety* seconds, eyelids dead still.

37. Unite deep respiration with Exercise No. 16; *ninety* seconds, fingers dead still.

38. Unite deep respiration with Exercise No. 17; *one hundred and twenty* seconds, fingers dead still, and the eyelids as long as possible.

39. Unite deep respiration with Exercise No. 18; *one hundred and fifty* seconds, fingers dead still, and the eyelids as long as possible.

40. Unite deep respiration with Exercise No. 19; *one hundred and eighty* seconds, fingers dead still, and the eyelids as long as possible.

41. Unite deep respiration with Exercise No. 20; *two hundred and ten* seconds, fingers dead still, and the eyelids as long as possible.

42. Unite deep respiration with Exercise No. 21; *two hundred and forty* seconds, fingers dead still, and the eyelids as long as possible.

## PART II.

After the foregoing parts have been well practiced, the following should be tried :

43. Look steadily at the watch for *three* minutes, not moving a muscle of the body, and keeping the mind upon the feet and especially the toes. The extremities of the body, the fingers and the toes, and the eyelids are the first parts to show "nervousness" or leakage. These must be watched at all times during the day, as well as in these exercises.

44. Look steadily at the watch for *three* minutes, keeping the mind upon the *entire body*, being sure that no motion of any kind occurs in any part. This exercise should be performed daily as long as the person lives. The good that grows out of a long continuance of it cannot be estimated.

NOTES.—*All the foregoing exercises refer to the sitting posture, the back being unsupported at the time.*

*It is better to have the light behind you.*

*The watch may be four feet away unless you are near-sighted.*

## PART III.

## LOUNGING, DEAD STILL.

45. Take a sitting position allowing the body to fall into a lounging attitude of perfect ease; hold this position without a movement of the fingers, toes, arms, eyelids or head.

Maintain for *two* minutes, watching some object steadily.

## PART IV.

## STANDING, DEAD STILL.

Arrange a watch as in the first exercises, on a height with the head, and as far away as the hands can be easily seen. In standing allow the arms to hang at the sides as dead weights. If all muscular tension is taken out of them they will hang easily and properly. The weight of the entire body should be borne on the balls of the feet, the heels merely touching the floor.

46. Stand for *thirty* seconds, fixing the mind upon the eyelids, fingers and toes. Do not move any of these a hair's breadth.

47. Stand for *thirty* seconds, fixing the mind upon the entire body, and draw in full and very long and deep inspirations, exhaling when necessary, all without the slightest swaying of the body or rocking to and fro, or movement of any voluntary muscle. It is a good idea to keep the chest fully extended and immovable and the shoulders down, but not back.

48. Stand for *sixty* seconds, keeping the mind on the entire body as before.

49. Stand for *ninety* seconds, keeping the mind upon the fingers, toes and eyelids, seeing that they remain immovable.

50. Stand for *one hundred and twenty* seconds, keeping the mind upon the entire body, seeing that there is not

the slightest movement anywhere; at the same time respiring very deeply and fully.

51. Stand for *one hundred and fifty* seconds, keeping the mind on the fingers, toes and eyelids, seeing that they are motionless, of course in all these exercises the eyes look fixedly at one spot.

52. Stand for *three* minutes dead still, as to every voluntary muscle of the body; the hands at the side; the second and third fingers of the right hand touching each other very lightly; the same as to the left hand; the eyes looking fixedly at some object.

This exercise is so important that it should be practiced every day during life.

53. Stand for *one* minute with the entire body dead still, and the arm raised so as to allow the wrist to rest lightly against the body, near the hip, and a little in front. Either arm will do. Do not move the eyes or lids, nor any muscle of the body.

54. Advance to a table, place the first finger of the hand very lightly upon it, and look steadily for one minute at some fixed object; the whole body being dead still. As the first inclination to move will be at the fingers, toes, eyes or eyelids, all these points of *leakage* should be guarded.

NOTE.—Exercises 44 and 52 of this Chapter should be practiced daily. See Rules.

*"He Who cannot control Himself cannot expect to control others."*

## CHAPTER ELEVEN.

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### "NERVOUSNESS" AS SHOWN BY THE MOVEMENTS OF THE BODY,

WITH TEN EXERCISES FOR STOPPING THE LEAKAGE OF HUMAN VITALITY.

It is said that a "nervous" person is restless in the whole or some part of the body. Irritable movements are the detectives of this malady. These movements show an inability to control the leakage that is constantly going on in the *vital-force*.

There are many persons who, when advised to *sit still*, cannot do so; it makes them feel still more irritable, or, as some people express it, as though they would "fly," if they try to subdue all motion at once.

It would be well for such persons before trying to perform any of the "Dead Still Exercises" to first attempt to turn the nervous motions into curves and slow circles.

The principle involved in this simple statement is clearly seen; suddenness of motion in starting, stopping or turning is very exhaustive, but the same movements turned into curves and slow circles will not only produce no appreciable exhaustion, but will soothe and calm the most irritable and "nervous" person.

The author has seen the sweetest sleep induced by moving the hand very slowly in a slight curve, or what is called a section of the arc of a very large circle; and this where sleeplessness or insomnia had threatened the patient with insanity. The value of all the exercises to be stated in this chapter cannot be too highly appreciated; they



will completely cure sleeplessness if followed by a persistent practice of the "Dead Still Exercises" and combined with the \*Lessons in Deep Breathing.

It is an interesting experiment, often made by the author, to inaugurate a "habit" of nervous motion in a person. For instance, a man who was considered free from the malady was requested to drum on the table or at the side of his chair, as often as he could think to do so. He followed the practice for *eight days* and had developed a *habit of drumming* that he found it impossible to shake off. He would drum when he was not thinking. It not only annoyed him, but made those around him "nervous," thus proving the theory of the transmission of magnetic and nervous influences.

The energy of Personal Magnetism is as easily felt by the person receiving it as the annoyance or irritation of a process of nervous exhaustion going on in one person is felt in another. On this principle a fidgety or jerky speaker irritates his audience; a similarly constituted person ostracizes himself from the good feeling of his fellow-beings, repelling instead of charming.

A person who has no leakage going on is sure to win favor everywhere; and for a stronger reason a person who in addition to a freedom from leakage possesses a decided affirmative power of super-charging his system with magnetic force, can *compel* the favor of his audiences and his fellow-beings everywhere.

This principle we must continually keep before our readers and pupils so they may know why certain exercises and movements are necessary to be mastered before the *chief work* can be reached.

#### EXERCISES FOR TURNING LEAKAGE-MOVEMENTS INTO CURVES AND SLOW CIRCLES.

*Exercise I. THE SWINGING LEG. This is a bad and*

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\*"Lessons in Artistic Deep Breathing" by Edmund Shaftesbury. Price \$1.50. Published by the Martyn College of Elocution and Oratory, Washington, D. C.

entirely inexcusable habit. Almost everybody who is addicted to it, is unconscious of it. A clergyman who did it so much as to annoy others was told of it. He replied: "Why, my dear sir, you are entirely mistaken. I have not moved my leg at all." This same clergyman was so "nervous" in the pulpit, that his usefulness was destroyed.

*Voice is merely nerve-power expanding itself,\** and every leakage-movement destroys the magnetic influence of the tones. Such a clergyman could not expect to win converts.

*For Practice.* Once every hour devote a minute of your time to a careful watching of your movements; also ask some friend to mention to you at the time any motion of the leg. Instead of trying to correct the habit by relying too much on the "Dead Still Exercises," endeavor to turn the bad habit into a good one. This in time will entirely supplant the old one.

Most "nervous" motions are made in straight lines back and forth, or in angles, and the speed is rythmical coinciding with some count of the pulse. Whenever you find the leg swinging, do not stop it short, but turn its motion into a circle or curve, making the movement very slow indeed, and smooth, coming to a stand-still after a few circles. If this produces sleepiness it proves that exhaustion of the *vital-force* had gone too far before it was checked. When a *leakage* is stopped, natural rest follows; but while a *leakage* is taking place a constant supply from the principle of life must be going on in order to keep up the *leakage*. This produces wakefulness. It will be seen in the Advanced Lessons that "hard, intense, reactive thinking produces an unnecessary *leakage*, that may easily be stopped." This also causes wakefulness, or insomnia, that leads in time to insanity.

*Exercise II. THE SWINGING FOOT.* This is a motion in straight lines, right and left, or in straight lines, up and

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\*"The Magnetic Voice wins, charms and fascinates all persons within its reach." See Advanced Lessons, Teaching the Magnetic Control of Others, or Personal Magnetism Proper, referred to in the last chapter of the present volume.

down, of the foot *alone*, hinging itself at the ankle ; whereas, the swinging leg hinges itself at the knee, and there is no separate swinging of the foot. This is probably more exhaustive than the swinging leg. To cure it, it is better to change the habit into slow circles.

*For Practice.* Whenever you are told or in anyway become aware of the habit, try to make the front part of the foot move in a very slow circle, tapering off into rest ; the heel part of the foot should have no motion except the hinging at the ankle.

*Exercise III. THE MOVING HEEL.* This is a bad habit of moving the heels up and down while the toes remain on the floor. The leg rises and falls as in the case of a father or mother holding a child on the knee and "dancing" it, as it is sometimes called, by a "jogging" motion. It is quite exhaustive. It must be cured.

*Practice.* Change the up-and-down motion to one of a circling nature, slowly ceasing altogether in about a minute.

*Exercise IV. DRUMMING.* The little movements at the ends of the fingers or toes give off more vital power than all the rest of the body combined. These once controlled, the remainder of the victory is easy. He that ruleth himself is greater than he that conquereth a city. To be able to rule one's *nerve-force* includes all other modes of self-control, for all the sins of humanity may be chargeable to *leakage* of Magnetic power through "nervousness." This is a broad statement, but it can be easily proved.

It is well to have some friend tell you when you drum, for you can rarely detect it in yourself.

Drumming consists of working the fingers up and down in straight lines, and tapping some substance with the tips. An excessively "nervous" person adds to this what small boys call the "base accompaniment," by striking rythmical blows with the wrist at proper intervals. Very rapid drumming with the finger-tips alone also indicates excessive nervousness. How many people are guilty of it, and how few know it !

*Practice.* When you are aware of your drumming, make

an effort to move the fingers, one at a time in small circles, the wrist to be perfectly still. Commence with the little finger, describing with the point an imaginary circle in the air ; then take the others in turn. It will seem almost impossible to move the second and third fingers in circles, but constant effort will bring about the desired result.

Do not allow one finger to touch the other in its circle.

Do not allow any other finger to move excepting the one you are directing.

Make each circle very slowly and gradually taper off into rest.

Avoid any jerk or halt in the sweep of the finger.

It will be necessary to practice some before all the foregoing directions regarding the fingers can be obeyed ; but a person who is very graceful in the use of the fingers will be able to perform them easily.

*Exercise V. ELBOW MOVEMENTS.* A jerk at the elbow is a sure indication of "nervousness."

It may be either outward or inward, forward or backward.

*Practice.* Move the elbow very slowly in a slight curve, forward and backward, with as smooth a motion as possible. Then try the same outward and inward. Halting and jerking will be the main difficulties to overcome in an exceedingly slow motion.

*Exercise VI. HEAD MOVEMENTS.* These are often accompaniments of the great malady.

*Practice.* Slowly move the head downward in front several times in very slight curves, with a very smooth action.

Then move the head right oblique front several times in the same way ; the left oblique likewise. If the action is very slow and smooth and not jerky, it will produce sleepiness in a few minutes in all persons who are "nervous," or whose vitality leaks away unnoticed.

The reason of this sleepiness in "nervous" persons if leakage has been stopped, has been stated briefly in the early part of this chapter. Its scientific bearings are too

deep for the limited space of this volume. It may be said, however, that some day an \*instrument will be invented that will measure the *nerve-energy* of a person, and the amount of leakage that is going on.

*Exercise VII. FACIAL MOVEMENTS.* These not only indicate "nervousness," but also the St. Vitus Dance, which is merely a violent outflow of *vital-force*, uncontrolled. The Dead Still Exercises of a previous chapter will do more to overcome this trouble than anything else, for they require the eyes to be still as well as the eyelids, and if these are immovable the face will remain so. Avoid moving the tongue in the mouth against the teeth or lips. This organ should be still.

*Practice.* Open the mouth by lowering the jaw very slowly, without jerks or halts ; then close it in the same way.

*Practice.* Move the entire face into a smiling condition by a very *slow* and smooth passage from a sober to a smiling countenance. Reverse in the same way.

*Exercise VIII. WINKING.* This is a very bad habit. The leakage that occurs about the eyes destroys the finest grained magnetism of the body.

*Practice.* Open the eyelids as widely as possible, and hold them open in a staring position for a few seconds. Then slowly close the upper lids down over the eyeballs, without raising the lower lids. To do this, and do it smoothly, is no small task. A few weeks of practice ought to accomplish the purpose.

*Exercise IX. SIGHING.* This is a habit of filling the lungs by a breath larger than usual, and letting it all out at once. It is a known fact in Voice Culture that a rapid outflow of air is unnecessary and debilitating. Approaching death is signalized by more powerful exhalations than inhalations, the time also being longer in the one than the other.

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\*The author is at work upon such an instrument. Its value to mankind and especially to the medical fraternity will be inestimable.

Sighing is caused by weak lung action, which is induced by one of three things :

1. Illness.
2. Unpleasant condition of the mind.
3. Undeveloped lungs.

When we feel ill or when we feel mentally depressed the breath is often held for a long time unconsciously, and when taken is very feeble in its action. Physicians and patients generally are unaware of this. Let the patient take a few long, full, respirations whenever a feeling of gloom or illness is coming on, and in five cases out of ten the malady disappears.

Approaching headache, approaching neuralgia, and many distempers are completely driven off by this simple precaution.

If this is not done, the want of breath is soon felt and a large quantity is inhaled, which, by reason of the feeble condition of the diaphragm, is expelled, most of it at once, the last end being drawn out somewhat. Grief contracts the muscles of diaphragm and throat, and the escaping air is slightly interrupted in its passage through the larynx, producing the sighing sound.

*Practice.* Inhale as fully as possible, and exhale very slowly ; when the breath commences to flow out see that it does not rush out. A test of good lung control is found in the following experiment : Fill the lungs very full through the nostrils, then place a pipe stem in the mouth and through this add all the air you possibly can, without allowing any to escape. Then open the mouth wide, and the first outflow of air make so gentle that you can hardly feel it, afterwards increasing as the exhalation proceeds.

This compels a restraint on the diaphragm when the pressure is greatest, and leads to a complete cure of the dangerous habit of sighing.

*Exercise X. Gaping.* This is purely a habit, induced or increased by debility of the *nerve-force*, either affecting digestion, breathing or blood circulation. Digestion feeds on *nerve-force*, and the best way to stimulate that is by

taking in large quantities of oxygen through the lungs. It is not well to take pure oxygen, for small lungs cannot absorb much of this gas. The better way is to enlarge the lung capacity and the ordinary mixture of the air is the best. Nature knew what she was about when she made the present combination in the atmosphere. Remember that *moving air*, like that out of doors, is far better than the purest air that stands *still* in the best room in the house.

You can easily overcome the slighter attacks of indigestion by oxygenizing the *nerve force* while food is in the stomach, if the lungs are well developed. This is done by rather fast, full deep breathing. *Ninety minutes* after eating is the best time to attempt to benefit the blood circulation.

The oxygen in the blood has a secondary purpose to serve in every case, which is to stimulate the nerves in their immediate work. Thus, if digestion is going on, the secondary purpose of oxygenization is to aid the stomach and the nerves of that organ will absorb their share. Full deep-breathing during strong muscular action supplies the motor nerves that direct the particular muscles used.

Exercise for the cure of gaping. *Practice Deep Breathing* until the lung capacity is fully developed.

"An ounce of Fact is worth a Ton of Theory."

## CHAPTER TWELVE.

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### THE DAILY USE OF CURVES AND CIRCLES.

Did it ever occur to the reader to watch the movements of skilled artisans. It is not the nature of the work altogether that determines the skill of the workman. It was not often that Oscar Wilde said anything worth remembering, but he once made a truthful remark when he said that "the most perfect grace could be seen in the attitude of a common miner as he stood with uplifted pick, about to strike a blow."

If the reader will go among the skilful men and women in any trade, he will find two classes of persons at work.

1. Those who use unnecessary straight lines and angles in their movements.

2. Those who use curves and circles.

The first are always inferior workmen, and never rank as the most skilled artisans. They are also "nervous," and in many cases irritable. A peculiar fact is that they lose many small motions in the course of an hour.

In a previous chapter the proposition has been laid down that angles cause a great leakage of vitality, and prevent the accumulation of magnetic force. It was also laid down that *lost motions* not only indicate, but cause, an erratic action of the *nerve-force*. There can be but little skill in any workman who is troubled with either of these.

What has this to do with Personal Magnetism?

Much. We have already presented a series of exercises to overcome the erratic action of the *nerve-force*. We next gave a chapter of exercises to stop *leakage* of magnetism. When the *leakage* has ceased this potent influence com-



mences to accumulate. *There can then be no accumulation of magnetism while the waste is going on.*

We step from stone to stone in regular order, each process following the other logically. The last chapter was devoted to overcoming "nervousness" arising from motions which we make unconsciously, and which are bad habits. The present chapter deals with motions that we make consciously, directed by the will, but imperfectly executed by the nerves.

Not alone in work, but in every act of our lives, whether in professions, or art, we are called upon to use motions. If these follow the rules laid down for the use of *curves and circles*, and *lost motions* are avoided, there can be no waste of *nerve-force*, and it is a sure consequence that there must be an accumulation of magnetism. How to *use* that magnetism in the control of others is the work of the book of Private Lessons, mentioned in the last chapter of this volume.

An inferior workman could easily become skilful by changing angles and straight lines into curves and circles, and by overcoming the lost motions which indicate an erratic action of the nerve-force.

But it is in the larger field of life's work that we are to direct you; the reference to artisans was merely incidental, but at the same time very valuable.

The exercises to be given must be carefully practiced, as they form one of the intermediate steps in the acquirement of "Personal Magnetism."

*Exercise I. CARDS.* Place as many cards as you can find room for, in a single straight line on the edge of a table; the pieces to be seven inches apart. Approach the table, standing, and touch the extreme left piece with the right hand, or the extreme right one with the left hand, using the first finger only; the second and third fingers hanging down will slightly touch each other, and the little finger will be slightly apart and nearer the palm. Touch every piece of paper on the table as delicately as you possibly can, and passing from one piece to the other by curved

motions, avoiding angles and straight lines ; then pass back again with the same finger to the point of beginning. Next try the first finger of the left hand in the same way. Afterwards employ each finger of both hands.

The arm must be free from the body, unsupported, and there should be a smooth action of the whole arm, consisting of a little motion at the wrist, at the elbow and at the shoulders, that is, do not make all the motion at the wrist, or shoulder, or elbow, but at all combined at the same time.

*Exercise II. MARBLES.* Place twenty marbles near the edge of the table. Using the thumb and forefinger of the right hand to pick them up with and the left hand as a receptacle to hold the marbles, take every one of them one at a time from the table to the left hand, by a curved motion from the table to the hand ; this constitutes a rising curve, like an arch. The thumb can then be used with each of the other fingers, after the marbles have been replaced on the table.

*Exercise III. MARBLES IN CIRCLE.* Repeat the last exercise, by moving the points of the thumb and finger in a complete circle, which will dip to a plane of about forty-five degrees, that is half way between perpendicular and a horizontal course.

By this movement every marble may be picked up and placed in the other hand by a continuous chain of circles, each running into the other, and without a single straight line or an angle.

*Exercise IV. GOBLETS.* Place six goblets in a row near the front of the table, each about eight inches from the other. Take up the extreme left goblet with the right hand or the extreme right with the left hand ; by an overarching curve place this goblet in a position about twelve inches back, and continue by curved movements to transfer all of them in the same way. Then bring them back again by a series of circles on a horizontal plane, continuing an unbroken chain or circle.

The thumb and one or two fingers should be used at the neck or small part of the goblet.

*Exercise V.* Take a book in the left hand with the first, second and third fingers at the back, the thumb on the left hand inside half of the open book, and the little finger on the right hand page. It would be better if the first finger could be placed on the outside of the left cover, and the third finger on the right cover. By small circles with the right hand practice the following :

1. Turn five right hand leaves with the first finger of the right hand taking hold at the top of each leaf.
2. Same with the second finger.
3. Same with the third finger.
4. Same with the little finger.
5. Same with each of the four fingers in succession, turning one leaf with each finger.
6. Repeat the five movements with the left hand. Make no straight lines or angles.

*Exercise VI. THE LIGHT TOUCH.* Impulsiveness not only leads to awkwardness, but also to a waste of energy.

The *Light Touch* is an exercise which overcomes the raggedness of impulsive grasps or touches in taking hold of anything.

1. Stand about seven feet away from some table, walk easily up to it, and place the points of the four fingers and the thumb of the right hand as lightly as possible upon the table. Make the touch so light and gentle that it will be difficult to tell just when the fingers reach the table. There must be no tremulousness of the fingers ; if this occurs, especially as the fingers are near the table, it indicates a leakage of *nervous-power* constantly going on, without your knowledge.

2. Place a tumbler (not a goblet) on the table. Approach it quietly and take hold of the top with the thumb and second finger ; the contact or touch must be so gentle and light that it seems imperceptible. There must be no jarring of the tumbler, and no tremulousness of the hand.

The thumb and second finger should reach the opposite sides of the glass at the exact instant of time.

3. Repeat the last, and in addition thereto approach the tumbler by a curved line, and with a very delicate touch lift it from the table.

4. Repeat the last, varied only by filling the tumbler with water and lifting it by a smooth and somewhat rapid motion so skillfully that the water will not even be jarred. The water should be placed even full with the top.

Do not be discouraged if it seems impossible to do this without many weeks of practice.

Having given some exercises to assist you in developing a new habit in the use of the hands and arms, let us try and make a practical application of the principles in our everyday life. The only way to do this is to practice the foregoing exercises until the movements come to you naturally.

When this is done, try and adapt the curve and sometimes the circle to all your movements. If the curve is too pronounced, that is, if it has too much flourish, it will not serve the purpose so well, and you will appear to be affected. Avoid that.

One of the best ways to commence to adapt the curve to the everyday movements of life, is at the dinner table. Make it a point to pass as many things as possible; do it gracefully, easily and with a smoothness of action. A mistake is often made by those who feel sure that they have a good curve. A part of the movement is in a curved line, but another part of the same movement is straight or angular. That will have to be guarded against.

Slow movements in a straight line are not bad if there is no jerk or tremulousness at the beginning or ending of each straight line.

We have now reached the end of the work in Negative Mechanics.

The pupils who have faithfully practised them, and all of them, will feel like new and better beings. It is not a matter of speculation whether or not the exercises will

stop all leakage in a person—it is a *fact*. The author knows that persistent practice will accomplish this. In most cases it will require time and labor. The latter will be tedious, because of the monotony attached to it. Whenever the tediousness becomes oppressive, rest for a while. On resuming you will find the work less intolerable, until in time the tediousness will wear away. You will then *enjoy* the work.

In closing this part of the present volume, we give a final exercise in the “Mechanics of Personal Magnetism.”

#### THE SPRING-BAR EXERCISE.

Those who care to test the present condition of the nerves will find this exercise interesting.

Procure the services of a carpenter. Take two pieces of wood, eight inches wide and two feet long. Join them together at the ends, so as to form a right angle; the two pieces of wood now present a half of a square frame. Braces or supports may be placed at the sides so as to stiffen the work. Take a piece of hard wood four inches wide and twenty-eight inches long, being four inches longer than the first pieces, and attach one end of this by a hinge to the inside corner of the half square, where the two first pieces are joined together. Place the half square in such a position as to have one side horizontal and the other perpendicular, the corner being down. Bore a hole through the horizontal piece a few inches from the corner. Attach the strongest spiral spring that you can procure to the inside or movable bar, and through the hole to the under surface of the horizontal piece. If the bar is lifted up so that it stands perpendicularly against the upright piece of wood and then is let loose, the power of the spring will cause it to return to a horizontal position with great speed. The central bar being four inches longer than the side half square, there is room to attach a bright red tin-box about three or four inches square.

The whole contrivance is called the “Spring-Bar.” To

set it you should procure some attachment so easily adjustable that by touching it or pulling it with a string the bar is instantly set free and returns to its flat position.

It is better to try this with the assistance of some person who will release the bar. The return must be of the greatest possible speed. Any person of ingenuity can make the "Spring-Bar." The spring must not be a weak one.

Place this upon a table, tied down, if need be, so as to not fall over. The pupil must kneel upon the floor or upon a cushion in such a way as to bring the chin to a level with the table. A head rest, like those used by photographers, will assist somewhat, but is not strictly necessary. The eyes should watch the lower corner of the "bar" near the hinge, when the upper end has been lifted, with the red tin-box attached to the top of that end. If the bar is set the pupil cannot see the red box. It is important that it be completely obscured. The color of vermilion is the best shade of red for this purpose.

Previous to setting it the pupil should place the head in such close proximity to the end of the bar that in its descent the red box, coming suddenly in sight, will pass within two inches of the eyes. To do this the head should be slightly inclined forward.

*Practice.* Set the bar, then spring it, that is, release it. There should be a lapse of ten seconds between setting and springing the bar, during which time the pupil should look steadily at the lower inside corner of the half square, or at the spring.

As the box passes the eyes there must not be the slightest movement of the lids, not the fractional part of a wink. If the nerves are partially diseased there will be a temptation to wink.

A variation of the above practice may be had by placing the eyes within a *half inch* of the red box as it passes the face, and not wink. The head had better be adjusted accurately, or else the tin-box may light on the bridge of the pupil's nose.

We now close the second part of this volume.

The remaining divisions furnish a series of exercises for *developing "Personal Magnetism"* and a system of daily conduct called "Regime."

*" New Habits may Lift us to a Higher Plane of Life "*

## CHAPTER THIRTEEN.

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### MOVEMENTS OF THE BODY.

As the chief design of the Negative Mechanics of Personal Magnetism is to stop all the leaks of the *vital-force*, we must adopt a series of exercises applying to all the movements of the body as Nature intended.

We will first treat of the entire body as a distinct subject for our attention, and then we will discuss the several divisions of the body.

The entire body is called into action in—

1. Walking.
2. Starting.
3. Stopping.
4. Turning.

#### CORRECT WALKING.

Few people walk well. It so happens that the graceful and beautiful walk coincides with the magnetic walk.

We shall see later on, that all sudden jerks or jars cause a very expensive leakage of *vital-force*.

The blow upon the heel in walking is unnatural and jerky; it is not only a cause of great leakage, but it is awkward in the dance hall, upon the stage or platform, on the street and everywhere. Whoever walks or dances on the heels is wasting the nervous strength very rapidly. Not only is this true, but it jars the nerves and muscles about the spinal column.

If Nature were left to herself, or in other words, if we wore no shoes we should always strike the ball of the foot in walking before we did the heels. As we all wear shoes



the artificial tendency is to strike the heel first. In graceful walking the heels of shoes must strike the ground first, but the carriage of the body is such that no weight is borne upon the heels. By a species of rocking motion the weight skims, as it were, over the heels and falls with full power at once upon the balls of the feet.

The exercises following will produce the correct method of walking. They should be practiced by every person in every department of life. It has been proven that a soldier can march thirty miles on the balls of the feet with greater ease than he can march five miles with the weight falling on the heels and balls alternately. A lady weighing 180 pounds, who could not walk to her place of employment, a mile distant, was able to walk many times that distance by adopting a correct method. Hundreds of pupils who had preferred to ride before learning the true mode of walking, now enjoy the latter.

#### FIRST WALKING EXERCISE.

Stand with the weight on the heels of both feet, so that the toes can be raised and lowered without swaying the body.

Stand with the weight on the balls of the feet, so that the heels may be raised, and the whole body, without bending or swaying, may be raised or lowered. This should be done until great strength has been acquired in the insteps.

Without bending the body at the hips or waist, sway forward and backward, transferring the weight from the heels and balls alternately several times.

Take a step with the right foot and hold the attitude; while holding it, sway the body without bending it, changing the weight from the balls to the heels constantly. End with the weight on the ball of the right foot; hold this attitude, leaning forward *only enough to keep the weight easily balanced on the ball*. Most pupils lean or bend too far forward.

From this latter attitude take another step with the left

foot, sway as before, and end by placing the weight on the left foot advanced. Proceed in this manner step by step. It will be seen that the carriage of the body must determine whether the weight is on the heels or balls; if the body is pitched forward about two inches, *and not more*, the walking will be correct.

Remember every blow struck on the heel is exhausting to the nerves.

#### STARTING.

Sudden starts from a position of rest, cause a large escape of nervous energy. When the motion has been commenced the continuance of it is not exhausting, but a jerk in the beginning is quite so.

When commencing any strong movement of the body, avoid rushing into the force of it too soon. Begin by as slight a start as possible. It is well to practice a very slow start, increasing as rapidly as you please, after the start has been made.

*Exercise I. SIT IN A CHAIR.* Start to arise, making the initiatory movement very slowly, but of short duration.

*Exercise II. STAND.* Start to walk by a slow initiatory movement of short duration, and increase as rapidly as you please, after the start is over; but avoid increasing by jerks.

*Exercise III. STAND.* Start to run, commencing very slowly, and increasing afterward as rapidly as you please.

#### STOPPING.

A sudden stop discharges from the body a large quantity of magnetism, and if continued repeatedly is exhausting.

*Exercise I.* Walk very rapidly, stop by a very gradual ceasing, of short duration in time and space, and free from suddenness. This mode of stopping does not require a gradual tapering off, or any slowing up that is noticeable to others. If done skilfully it will be free from suddenness, and at the same time gradual.

*Exercise II.* Run, and stop without a jerk, or sudden recoil.

TURNING.

Any motion that would throw water from the body will throw *vital-energy* away. Also a motion of a similar character, but not violent enough to throw water from the body, will discharge vitality. The proof of this theory will be found in a subsequent chapter.

A jerk in turning is of this character. Sudden turns must be avoided. They are awkward as well as exhausting.

*Exercise I.* Practice running and walking and turning while in motion, making each turn in a graceful sweep or curve, free from jerky movements.

*RULE.*—*Any movement made in an angle is awkward and exhausting.*

*"A Child cannot Learn to Walk in a Day."*

## CHAPTER FOURTEEN.

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### THE TENSION EXERCISES.

The more interesting part of our study and practice is now reached.

We have in the previous chapters taken two steps; one series of exercises stopped the leakage of vitality that was constantly taking place; the other series overcame and corrected the erratic action of the nerves.

The pupil who has mastered both of these will find himself possessed of normal self-control, which will be sufficient for the work now to be undertaken; although it may also be the fact that he is further advanced.

A brief review of a few principles may refresh the pupil sufficiently to enable him to understand the meaning of the exercises contained in the present chapter.

1. A person who wastes the *nerve-force* of the body faster than it accumulates, belongs to the class of people called "nervous."

2. A person who uses his *nerve-force* no faster than it accumulates, possesses normal self-control.

3. A person who accumulates more *nerve-force* than ought to be used in a healthy and well-constituted daily life, is magnetic to a certain degree.

4. Electricity and its consequent magnetism lies dormant or latent in every drop of blood and every particle of matter in the human body.

5. A person who can develop this latent electricity to an unusual degree possesses an irresistible power.

6. Any person who has stopped the *leakage* of the *vital-force*, and has corrected the *erratic* action of the nerves,

will be able to develop electricity to an unusual degree by the exercises of this and the following chapters.

If we will constantly keep in mind the fact that we are *filled* with latent electricity we shall better succeed in the work immediately before us.

The principle of life cannot be explained, yet it is a process constantly generating the magnetic power. The author has known of many persons who have so mastered the mechanics of this series of lessons that they could easily feel the life principle at work within them. This has proven the seat of life to be co-extensive with the brain and the organs enclosed within the walls of the chest, the spinal column and the diaphragm. Physiologists who develop this agency will at once comprehend the deeper questions of life.

A magnetic person can in an instant generate, also, a heat within, that can be felt very distinctly, giving a glow of warmth that is transmitted by the vibratory process through the eye, voice or touch to any person within reach of these.

**PRINCIPLE.**—*The mind dwelling intently upon any invisible agent or process within the body will develop a mental recognition of what would otherwise be unrecognized, provided THE mental conception of the agent or process is a correct one.*

In the following exercises the mental conception will be correct if the pupil thinks of the inner lower chest as the centre of a powerful battery, from which a vast amount of electrical energy may be developed. The connection of the brain with this battery will be seen later on. The particular location of the inner lower chest will be referred to hereafter as the *electrical centre*.

Action of some kind develops all the electricity of the universe; we may call it friction or chemical, or chemico-frictional, as one scientist puts it—it matters but little. Some kind of action is necessary.

While the life principle within us furnishes a kind of action that generates this force, it does not, in most cases,

develop a sufficient amount to make a person as magnetic as can be done by assisting nature.

When, after some lapse of time, the pupil begins to recognize the existence of the life principle, to estimate the amount of electrical energy on hand, to know at what times, and why, the quantity gets low, or at what times, and why, it is in superabundance, he will begin to realize the exactness of the science of Personal Magnetism, and his interest will be thoroughly aroused, for the first time, perhaps, in this course of study.

*Exercise. I. THE TENSE ARM STRAIGHT.* Raise the right arm in front on a level with the shoulder and keep it perfectly straight. By an act of the will stiffen all the muscles from the shoulder to the hand, including the fingers, without moving the arm. Repeat this slowly and deliberately for six times. Then use the left arm in the same way. While the left arm is being so used the right should hang at the side lifeless, and likewise the left when the right is in use. Returning to the right arm, place it at full length at the right of the body, extended in a horizontal position. Slowly and deliberately stiffen all the muscles six times, without moving the arm. This is called the *Tense Arm*, because the muscles are strained to their fullest tensivity. Use the left in turn. Repeat the exercise until each arm has been placed in at least twenty different positions, keeping it always straight. The positions may be made in a greater number than twenty if desirable.

Practice the *Tense Arm* as often and as long as you desire daily. While it may cause a little muscular lameness for a day or two in the start, that will pass away. The exercise is beneficial to the health.

*Exercise II. THE TENSE FIST.* Lift the arm in front of the body, with the fist clinched lightly, and about eighteen inches from the eyes; the distance is immaterial. While in this position, gradually tighten the pressure at the fist until the grasp is terrific. This is called the *Tense Fist*. Practice it while the arm is free from tensivity, making all the energy in the fist alone.

These with the fist free but clinched, make all the ten-sity in the arm.

Lastly, unite the Tense Arm and Fist.

The separation of the nervous action will seem difficult, but in a short time, by persistent practice, it can be accomplished, and, when mastered, the opposition to the flow of nerve force in its accustomed paths will cause the same friction that develops lightning in the storm clouds.

Are we understood?

When the arm is tense and the hand is free, the flow of nervous force is stopped at the wrist and hurled back upon the centres. A soldier whose hand has been amputated at the wrist often feels the presence of the hand with as much realism as when it was in place. This indicates a flow of nervous force beyond the wrist, and such experiences produce great weakness to the person, sometimes causing an outflow of all the *nerve-force*, and ending in death.

Many persons whose arms or legs have been amputated lose their lives, because the nerve-force flows away at these places.

Whoever can learn in a perfect way to stop the nerve-force at the wrist, keeping the arm very tense and the hand free, will recognize in time the flow of the life principle along the arms.

The last part of this exercise consists of moving the arms about in space, held with powerful ten-sity from the shoulders to the wrists, while the hands are lifeless or free from tension. These exercises will grow better and better as long as the pupil practices them, if it be for years. At first there will appear to be nothing in them. A child cannot learn to walk in a day or a month.

*Exercise III. GRADUAL TENSION OF ARM AND FIST.* Hold the arm in any position free from the body. Make it as limber as possible, without any muscular rigidity whatever. Try to imagine it lifeless and limp as a piece of cloth. While in this position very gradually and very slowly cause it to pass from a limp to a rigid muscular tension.

If this is not done *gradually* the design of the exercise is lost. A quick setting of the muscular strength of any part of the body has but little benefit for the *nerves*. Do this over and over again, with each arm singly. The first few days it would be better to use the muscles sparingly, as lameness ensues from this as well as from any new exercise. This tension includes arm and fist together.

*Exercise IV. THE TENSE NECK.* There are muscles between the head and trunk of the body, along the neck. They are intimately associated with the base of the brain, (an important part of the *nerve-force* of the body), and they likewise lie close to the spinal column.

1. Turn the head to the right as far as possible, and while holding it there gradually increase the tension of the muscles, until they have been made very rigid.

2. Turn the head to the left and repeat in the same way.

3. While looking straight ahead, the chin being on a level, and the chest being well filled with air, the shoulders down, but not back, endeavor to throw the muscles of the neck into a tension, commencing very gradually and increasing slowly until great rigidity is reached.

A quick setting of the full muscular strength is to be avoided, as the only benefit derived therefrom is in the growth of the muscles. A slowly increasing tension keeps the nerves at work, and excites them to an action that in time will generate the latent electricity of the body.

*Exercise V. THE TENSE HEAD.* By a mental effort direct the attention entirely to the muscles of the head. Slowly make them rigid. Do not move the head, and under no circumstances allow the face to show any violent expression. The features should remain passive.

*Exercise VI. THE TENSE CHEST.* The muscles that fill the structure of the chest are capable of being made tense, as well as those of other portions of the body; it will require longer practice, but the results are more important.

Direct the mind as closely as possible to the *inner* portion of the chest, keeping the outward part immovable.



Think of a point as near the centre as possible. Make the whole internal portions tense, and as gradually as possible. It will be sometime before this can be accomplished. The nerves and not the muscles are, in fact, exercised by this process.

*Exercise VII. THE TENSE LEGS.* Repeat the mode of producing tension as given in the foregoing portions of this chapter, remembering the caution to always increase the rigidity gradually.

*Exercise VIII. THE TENSE FOOT.* Endeavor to produce tensivity of the foot alone, by the gradual process. Each foot and leg should be used in turn.

*Exercise IX. STOPPING THE NERVE-FLOW AT THE ANKLE.* As at the wrist, so at the ankle, the nerve-flow may be checked by making the entire leg tense, and allowing the foot to remain free or limp. This will require practice and patience, but every person between the ages of eighteen and ninety can in time achieve a victory.

*Exercise X. THE MAGNETIC WALK.* The pupil has here a mode of utilizing his time without infringing upon other duties. It is better not to commence this exercise until the previous portion of this chapter has been partially mastered.

Walk slowly and firmly with a tension in both legs, made stronger on each alternate leg as the body passes the weight over it in walking. Thus it will be noticed, that, while the tension is to be kept great during the entire exercise, it becomes greater while the leg carries the weight of the body, as is done in every step. The will power should be kept constantly on this slight increase of tension at these times.

When several weeks have been spent in this practice, the habit should be formed and applied permanently to every day pedestrianism. It then, of course, becomes more rapid, and varies itself with the circumstances attending each mode of walking.

A magnetic person is known by his walk.

At first the new method may seem awkward, but when

it has become a habit, it is the most graceful carriage of the body known.

Grace and Personal Magnetism always coincide.

At no time of life should a pupil neglect to go through the Tension Exercises at least once a week ; and this only after they are completely mastered. The more time that is spent in them, the better will be the general health of the pupil, and the more magnetic will he become.

*"No person under Eighteen is too Young, and no person under Eighty is too old to acquire some Magnetic Power."*

## CHAPTER FIFTEEN.

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### THE NERVO-MUSCULAR GYMNASTICS.

In the last chapter the accumulation of magnetism was begun.

If the pupil has spent the time faithfully in that work, he will be prepared for the heavier tasks now before him.

In the exercises of this chapter the accumulation of magnetism is more rapid, and comes in greater quantities. While the accumulation is going on all leakage should be carefully watched and promptly stopped. Therefore, the past chapters are always to be renewed; once a week will do.

In the exercises now to be given every word has some importance in the descriptions, and hasty reading will not suffice; the exact method of performing them must be understood.

*Exercise I. HORIZONTAL FRONT.* Stand with the weight on the balls of the feet, the heels merely touching the floor; take in all the breath possible until the lungs are completely filled; and, while holding the breath, raise both arms at full length on a level with the shoulders and parallel with each other in front of the body, with the hands hanging lifeless from the wrists. While still holding the breath commence to clinch the fists very gradually, at the same time drawing them toward the shoulders. This gradual compression of the fists must continue until they are brought back as far possible, close up to the armpits, at which point they must be clinched with all the force that can possibly be given them by a concentrated effort of mind and muscle. The fists must not be compressed by jerks,

or at any time suddenly, but very gradually. The more tightly they are compressed the greater will be the benefit derived from this exercise. The breath must not be allowed to escape as long as the fists continue to be clinched with increasing force. A single respiration, if full, will serve as a sufficient rest. This exercise should be repeated fifteen times at each trial, and as many trials may be attempted each day as the pupil desires. The exercise is highly beneficial to the health of the pupil, giving great vigor to the circulation of the blood and assisting in building up a strong nervous system.

*Exercise II. HORIZONTAL OBLIQUE.* Repeat Exercise I, changing only the position of the hands in commencing. The oblique position is half-way between the front and the side. The horizontal is on a level with the shoulders. Of course, the hands are to be out at arm's length. In the horizontal front the arms were parallel with each other on a level with the shoulders; now they are spread apart to some extent. The clinching of the fists takes place while they are being drawn in toward the shoulders. To insure success the hands must be limp and lifeless when the arms are straight, and the compression of the fists must be gradual until at the shoulders the muscular tension of arms, fists and chests is something terrific. Do not forget the principle: A slowly increasing muscular tension is a nerve calisthenic.

*Exercise III. HORIZONTAL LATERAL.* The arms are wide apart, the hands on a level with the shoulders. From this position draw the fists in toward the shoulders, observing all the directions of the first exercise.

*Exercise IV. DOWN FRONT.* A down position is half-way between the perpendicular line of the body and the horizontal. The down front position would simply be the lowering of the hands a little more than a foot from the position of the first exercise. The movement must always be toward the shoulders, during the progress of which the fists are being very gradually clinched. Make the tension very powerful at the shoulders.

*Exercise V. DOWN OBLIQUE.* The hands are more spread than in the last exercise. The movement is toward the shoulders. Observe all the directions of the first exercise.

*Exercise VI. DOWN LATERAL.* Remember that down means half-way between the body and a horizontal line. The arms are at full length in all the exercises and move toward the shoulders in all of them, unless otherwise stated.

*Exercise VII. UP FRONT.* Up means half-way between the horizontal and the zenith positions. Observe all the directions of the preceding exercises.

*Exercise VIII. UP OBLIQUE.* From this position draw the fists to the shoulders, with the gradually increasing tension.

*Exercise IX. UP LATERAL.* From this position draw the fists to the shoulders, as before.

*Exercise X. OPENING MOVEMENT FROM FRONT TO LATERAL.* Take the Horizontal Front position of the first exercise, and (without bending the elbows), as before, move the hands to the horizontal lateral, keeping the arms straight all the while, and gradually clinch the fists, until at the lateral position the pressure is simply awful. It may take weeks and months to develop a good hand pressure, but it must be done.

*Exercise XI. CLOSING MOVEMENT FROM LATERAL TO FRONT.* This is a horizontal movement—the same as that of the last exercise, but the direction is reversed. It commences with the horizontal lateral, with limp, lifeless, hands and moves to the horizontal front, where, by the gradual and slow process, the tension has become very great.

*Exercise XII. PERPENDICULAR SIDE MOVEMENT UPWARD.* Place the hands at the sides, the arms at full length touching the body, the hands lifeless. Move them upward by a perpendicular line to the shoulders, where the pressure will be great.

*Exercise XIII. ZENITH.* The arms are raised straight over the head, but parallel with each other, and the hands

are lifeless. Bring the fists down in a straight line to the shoulders, where the tension has become great. Observe all the directions of Exercise I in this as in all the other exercises.

*Exercise XIV. FROM SIDE TO ZENITH.* Place the hands at the sides, close to the body and down to the full length of the arms, where they must be lifeless. Very slowly and smoothly raise them in a perpendicular line to the zenith position, where the tension will be very great. It will be seen that in this, the movement commences as in Exercise XII, but does not stop at the shoulders.

*Exercise XV. FROM ZENITH TO SIDE.* Place the hands as in Exercise XIII and bring them down to the sides. This simply reverses the movement of the last exercise. At the zenith the hands will be lifeless and gradually grow into a strong tension, until they have descended to the lowest possible position at the sides.

*Exercise XVI. DOWN FRONT TO BACK OF THE HEAD.* The movement commences at the down front position and ends with the clinched fists touching the base of the brain at the back of the head.

*Exercise XVII. FROM BACK OF THE HEAD TO DOWN FRONT.* This is a reverse of the last. The greatest tension will be at the down front position.

*Exercise XVIII. RISING OUTSIDE CURVE.* Place the hands at the sides close to the body and lifeless. Slowly raise them to a zenith position, making them pass outward in a lateral curve. When half-way up they will be in the horizontal lateral position; they must continue without stopping until the zenith has been reached and the tension of the hands has become intense.

*Exercise XIX. DESCENDING OUTSIDE CURVE.* This is a reverse of the last. The hands are lifeless at the zenith, and, passing outward and downward, reach the sides in a very tightly clinched condition.

*Exercise XX. FROM CHEST TO OBLIQUE BACKWARD.* The hands will be placed on the chest in a lifeless condition, the elbows raised to a level with the armpits; the

hands are gradually clinched, the elbows moving backward, until the arms finally become straight, with the fists clinched with demoniac energy in an oblique backward position.

The foregoing twenty exercises must be practiced daily. The first one is the best. Its suggestions as to breathing must be well observed. It is not necessary to practice all of them every day; but they should be varied. The nerve energy will grow daily.

*"The Nervous System is a Net Work of Telegraph Wires."*

## CHAPTER SIXTEEN.

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### NERVE CALISTHENICS.

#### PART I.

The term "gymnastics" and likewise the term "calisthenics," are popularly supposed to apply only to movements of the muscles or of portions of the body operated solely for the purpose of strengthening the muscles. It has not been supposed possible to arrange a series of exercises that would produce strength in the nerve tissues and strength in the nervous system of the body; and it is only after many years of experiments that it has been discovered that exercises like those of this chapter apply almost altogether to the nerves. Awkwardness is often due to the erratic action of the nerves or of the nerves and muscles combined; but in order to make the muscles move accurately the nerves have to be specially trained so that in the eradication of awkwardness an entire training of the nerves is reached through a careful exercise of the muscles.

Many of the calisthenics and gymnastics that are in use in the schools and colleges of the world, and in gymnasiums, are productive of great injury to the nerves, and have been known in very many cases to produce awkwardness. It is possible that a series of muscular calisthenics could be devised which would avoid the production of awkwardness and thereby add to the grace of the entire body; but it must be admitted that in a great majority of cases persons who exercise much in gymnasiums are awkward and jerky in their movements, and the nervous system is often seriously impaired. To train the nerves will, in



every case, result in sufficient muscular training; but to train the muscles will not result in good nervous training. It is therefore highly important that the nerve calisthenics of this chapter should be carefully studied, and, if possible, by practice, perfected. As they deal with a part of our existence with which we are almost totally unfamiliar, the method of practice will be new to the pupil.

Before we commence the exercises it is better to understand two leading principles; for it must be remembered that every muscular movement of the body is impelled and guided by the action of the nerves. From a study of one of the previous chapters the pupil has already learned that any increase in the tension of the muscles is a Nerve Calisthenic, provided the increase be gradual and prolonged. We therefore lay down the two following principles:

1. Any gradual and prolonged increase of the tension of a muscle is a Nerve Calisthenic.
2. Any gradual and prolonged increase in the speed of the movement of any portion of the body is a Nerve Calisthenic.

It will be seen from the two foregoing principles that the first applies to the action of the muscles while the entire body is in a state of repose; and the second applies to the action of the muscles while some portion of the body is moving.

It is therefore seen that from these two principles may be evolved a third:

3. Any gradual and prolonged increase of the tension of the muscles accompanied by any gradual and prolonged increase in the speed of the movement of any portion of the body will produce the most powerful Nerve Calisthenics that are known at the present day.

We will now proceed to the exercises.

*Exercise 1. ARM MOVEMENT.* Take a standing position and allow both arms to hang lifeless at the side, the weight of the body being upon the balls of the feet, and the heels lightly touching the floor. Direct the mind to the right

arm. The purpose of this exercise is to raise the right arm from its position at the side to a position in front of the body, the arm being kept straight, but not too stiff, all the time, and brought to a level with the shoulder. In one of the previous chapters we have exercises in the tension of the body. The exercises of this chapter will follow only the second and third principles. In raising the arm the pupil must commence with a movement so slow that he can hardly tell when the action commences. After any movement has been begun its speed may be increased as rapidly as possible, provided the increase is smooth and free from jerks. Any increase of the movement of any part of the body that has the slightest jerk in it is detrimental to the nerves. Any sudden stop is likewise to be avoided, or any decrease of the speed that is at all jerky is injurious. The pupil therefore must commence the action very slowly indeed, increasing the speed to a greater extent with each trial, if the jerks referred to can be avoided; and stopping by a likewise gradual diminish of the speed, bringing the arm after it has been raised in front of the body, on a level with the shoulder, to a complete standstill without any suddenness in the stop.

This movement is called the Swell and Diminish in Speed.

*Exercise 2.* This is simply a reverse of the foregoing exercise. It commences with the arm raised at full length in front of the body on a level with the shoulder and it is carried down to the side by the same slow start and gradual increase in speed on its way and the same slow diminish until it comes to a full stop. Practice each of the foregoing at least twenty times deliberately and carefully. Any haste or lack of interest in the work will only result in time being wasted.

*Exercise 3.* Combine the first and second exercises, commencing with the arm at the side, raising it as previously directed, and without any jerk, causing it to descend, following exactly the direction of the two preceding exercises.

*Exercise 4.* Repeat the three exercises just given, with the left arm.

*Exercise 5.* Repeat the three exercises first given with the right arm at the side and raised laterally, that is, from the side outward from the body, the arm being brought to a level with the shoulder.

*Exercise 6.* Repeat the first three exercises with the left arm laterally.

*Exercise 7.* Repeat the three foregoing exercises with both arms, following all the directions heretofore given.

*Exercise 8.* Place the right arm over the head in what is called a "zenith" position, the index finger pointing straight upward. From this position commence a descent with the arm held, during the whole of its passage, down at full length, and passing in front of the body, the finger making a semi-circle in its movement until it reaches the side. The beginning of the motion when the hand is in the zenith position must be so slow that an observer could hardly tell that the action had commenced. After it has commenced the increase in speed may be as rapid as can be made without any jerk in the movement, and the hand coming to the side must stop as slowly as is necessary in order to prevent any suddenness or jerk in the ceasing of the motion. It will therefore come to a dead stop at the side so slowly that an observer could hardly detect when the motion had ceased. This exercise may be varied after the pupil has become skilled in this movement by making the speed when the arm is one-half way down exceedingly rapid, and if the detrimental features can be avoided the greater the speed the greater the benefit to the nerves.

*Exercise 9.* Repeat the last exercise by reversing the direction of the movement, commencing with the hand at the side and raising it to the zenith position. The arm must be kept at full length all the time; observing every one of the directions of the eighth exercise.

*Exercise 10.* Combine the last two exercises by commencing with the hand at the side, raising it as in the last

exercise, and when at the zenith position, reversing and lowering it as in the eighth exercise.

*Exercise 11.* Perform the last three exercises with the left arm.

*Exercise 12.* Perform the three exercises last referred to, with the right arm at the side and moving out laterally.

*Exercise 13.* Perform the three exercises last referred to, with the left arm at the side and moving out laterally.

*Exercise 14.* Perform the three exercises last referred to, with both arms.

*Exercise 15.* Raise the right arm to a position level with the shoulder and lateral instead of front. It may be a little back of a lateral position, tending toward an oblique backward. From this place the movement commences. The arm is to be moved always at full length forward and round in front of the body until the hand reaches the left shoulder where it will stop before it touches. It must not under any circumstances, touch the shoulder. It will be seen that the arm remains in a horizontal position all the way round, and until it has passed in front of the body the elbow will not be bent. This bending, however, will be a necessity in the latter portion of the movement. Commence with the hand in the oblique backward position as first stated, with a movement so slow that an observer will hardly be able to tell when the movement first commences, and increase gradually in speed, keeping the increase free from any jerks whatever, and when the hand is approaching the shoulder, commence to decrease the speed in time to bring it to a dead still position without having to stop suddenly or to make the decrease with any jerks. This exercise may be varied by increasing the speed to a very rapid movement in the middle portion of it.

*Exercise 16.* Repeat the foregoing exercise by reversing the direction of the movement, commencing with the right hand near the left shoulder, but not near enough to touch it, moving the arm out at full length to an oblique backward position, observing all of the directions in the preceding exercise.

*Exercise 17.* Repeat the two foregoing exercises together, by commencing with the hand in the oblique backward position, moving it forward to the left shoulder and immediately removing it back again to its first position, causing it to come very slowly to a dead still position at the shoulder, and immediately commencing very slowly in its movement back again.

*Exercise 18.* Repeat the last three exercises with the left hand.

*Exercise 19.* Repeat the three exercises last referred to, with both hands, having the left arm pass under the right arm as the two approach each other. This will cause the right hand to pass near the left shoulder above the left arm, and the left hand to pass near the arm-pit of the right shoulder under the right arm.

Be careful that neither arm touches either the body or each other.

*Exercise 20.* Raise the right arm to a horizontal position in front of the body, that is, to a level with the shoulder. The movement of the hand will be in a large circle. Its first position will be its starting place. The arm during the whole of this movement must remain at full length. It is raised to a position half way between a horizontal lateral and a zenith position, when it is at its greatest elevation; and from this position it will commence to descend, passing down in an oblique backward position when the hand has reached a level with the shoulder, and from this it will come in toward the side, when it is at its lowest depression and from the side, it will move outward and upward in front until it has reached its first position, which is horizontal with the shoulder. This makes a complete circle, and must be performed as follows:

The hand commences its movement so slowly that an observer will hardly be able to tell when the movement has begun, and gradually increases in speed until, when it is half way round the rapidity will be very great. It then commences to diminish gradually in speed until it comes

to a dead still position in front of the body, which completes the circle.

*Exercise 21.* Repeat the last named exercise with the left arm, following in every particular the directions therein given.

*Exercise 22.* Repeat exercise number twenty, by making as many circles as you please, provided the movement is kept increasing until the maximum speed is reached, from which the decrease will be made in a single half circle.

CAUTION.—Do not, under any circumstances, keep the arm in motion when the speed is not on the increase, excepting of course when the motion is coming to a close, for the exercise will be simply muscular if the speed remains the same. It must be remembered that Principle number two, has to be observed with precision in order to keep the calisthenics within the range of nervous exercises.

*Exercise 23.* Repeat the last named exercise with the left arm.

*Exercise 24.* Repeat exercise number twenty with both arms.

*Exercise 25.* Repeat exercise number twenty-two with both arms.

*Exercise 26.* Place the right hand to the right shoulder without touching it in a lateral position, the fist being closed, but without any pressure. Move the fist in a right lateral direction until it has reached the arm's length from the right shoulder, it still remaining horizontal. Commence the movement very slowly, gradually increasing in speed and diminishing near the close, after the manner of the exercises hereinbefore given in this chapter.

*Exercise 27.* Repeat the last exercise by reversing the direction of the movement, commencing with the arm at full length from the shoulder and bringing it toward the shoulder, still at a lateral position.

*Exercise 28.* Repeat the last two exercises, commencing with the fist at the shoulder, moving outward until the arm is straight, diminishing at that point very slowly, and immediately commencing to reverse, being careful to make

no jerk or sudden movement when the arm is at full length.

*Exercise 29.* Repeat the last three exercises with the left arm.

*Exercise 30.* Repeat the three exercises last referred to, with the right arm, moving from the shoulder straight in front of the body in a horizontal position, always keeping the fist shut, and without any of the pressure of clinching, as this might become a tension exercise, which we are not yet quite ready to undertake.

*Exercise 31.* Repeat the three exercises last referred to, with the left arm, moving the fist from in front of the shoulder to a front horizontal position and back as described, with the combination of forward and back.

*Exercise 32.* Place the right fist at the shoulder without it being clinched, and without any pressure whatever, being careful that the hand does not touch the shoulder nor any portion of the body. Cause the hand to descend in a straight line to the side, commencing the movement slowly as before, then increasing, and diminishing with the same slowness, the speed being in the middle of the motion.

*Exercise 33.* Repeat the last exercise by reversing the direction of the movement, commencing at the side and moving to the shoulder.

*Exercise 34.* Repeat the last two exercises by combining the movements.

*Exercise 35.* Repeat the last two exercises with the fist of the left arm.

*Exercise 36.* Place the right fist at the shoulder ; move it, while the hand still remains closed without any pressure, to a zenith position over the head, observing the directions for the slow beginning and the slow ending, with the speed in the middle, which constitutes the swell and diminish of speed.

*Exercise 37.* Repeat the last by reversing the direction of the movement, commencing at a zenith position and returning the fist to the shoulder.

*Exercise 38.* Combine the last two exercises, commencing

from the shoulder, moving up to a dead-still position, reversing and bringing the hand down to the shoulder.

*Exercise 39.* Repeat the last exercise with the left hand.

*Exercise 40.* Place the fist at the side, being closed without any pressure whatever, and move the arm in a straight line, the hand passing close to the shoulder in its upward movement, without touching, until it has passed to a zenith position, the maximum speed being at that place where the fist is passing the shoulder; bringing it to a dead-still position very slowly and without any jerk at the zenith.

*Exercise 41.* Repeat the last by reversing the direction of movement, commencing at the zenith and returning the fist to the side.

*Exercise 42.* Repeat the last two exercises by combining the last two movements, commencing at the side and passing the fist to the zenith in a perpendicular movement, there bringing it to a dead-still position, immediately reversing by a slow commencement before bringing the fist to the side.

*Exercise 43.* Repeat the last three exercises with the left fist.

*Exercise 44.* Repeat the three last exercises with both fists at the same time.

## PART II.

The following exercises exemplify the Third Principle of this chapter, which is a combination of the swell and diminish of speed with the swell and diminish of muscular tension. As has been previously stated, these are the most powerful nerve calisthenics that have been discovered up to the present day.

*Exercise 45.* Repeat Exercise No. 1 of this chapter, accompanying the movement therein described, by a gradual increase of muscular tension. The muscular tension will be entirely absent when the movement first commences, and as the movement increases in speed the tension will commence to assert itself, growing strong as the speed of



the movement increases, until the maximum rapidity has been reached, at which point the tension should be almost frantic. This desperate power of the nerves will be acquired only after many weeks of practice. As the movement commences to decrease in its speed the tension will likewise decrease, until, when the movement has been brought to a dead-still position, the tension is entirely absent, the arm and hand being as lifeless as a piece of wet cloth.

The foregoing exercises must each be repeated accompanied by the swell and diminish of tension. This will require a repetition of the 44 Exercises of Part I of this chapter.

NOTE TO THE PUPIL.—If the foregoing exercises of this chapter are practiced with the carefulness desired by the author, the most satisfactory results will be accomplished. It will take time to grow into the new life which must necessarily result from steady practice, but the pupil will find that when he or she has sufficiently practiced these eighty-eight exercises that a new force called Internal Energy has been developed in the centres of the nervous system. The work of this chapter will be found to be exceedingly tedious, and the pupil will, perhaps, lack that patience which is necessary in order to win, but to the few who always succeed in great undertakings where the many fail, we will say, that the power which you will develop will be a surprise to yourself; and a proper wielding of that power may be a surprise to others whom you may meet in daily life. Do not think that this work may be accomplished in a few weeks. It may require months, and in some cases, a year or more. All pupils intending to take the Post Graduate course, mentioned in the last chapter of this book, could save a great amount of time by combining the work, not only of this chapter, but of all the preceding chapters in the book, with the work of that course. It is not necessary to finish this volume before undertaking the next. Do not attempt the work of

this chapter without at the same time faithfully practicing all the exercises of the preceding chapters. Nothing should be slighted.

Regime should be attended to with the same scrupulous care that one would prepare for any of the great undertakings of life.

*"Naturalness is nothing more than Habit."*

## CHAPTER SEVENTEEN.

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### GENERAL REGIME.

This chapter will be devoted to Regime, the first to General, and the other to Habitual Regime. The former is advice only; the last is to be observed.

They will necessarily be short.

*Regulation I. FOOD. Avoid pork, pastry, and cake at all times; and confectionery, except directly after eating.* Indigestion, like any pain, saps the body of its *nerve-force*. Nine-tenths of all the people who suffer from dyspepsia do not attempt to regulate their diet until driven to it by necessity; and when they have obtained temporary relief they at once indulge in indigestible food again, and then repeat the process of suffering, seeking relief, obtaining it, and indulging once more. The author knows of many people who are dyspeptics, who, when they think they are cured, will abuse their stomachs without stint.

Irritable people have erratic nerves.

All dyspeptics are irritable.

Pork, pastry, cake and confectionery are to blame for more dyspeptics than statistics could enumerate.

Pork never should enter the system in any form. People who die of cancer are pork or ham eaters, or else get it into their system through pie-crust or confectionery. Persons who have pimples and humors eat the kinds of foods, or some of them, which are mentioned in the regulation.

The chemical changes produced in the acids of the human system by pork, pastry, cake and confectionery are such as to neutralize the magnetic acids. This is not true

of pure candy taken directly after eating substantial food in sufficient quantity.

*Regulation II. DRINKS.* Avoid drinks that stimulate, and drinks that chill. Alcoholic liquors and coffee are stimulants. Coffee is worse; it is indigestible.

It cannot be denied that stimulants do generate electricity in a person, but it is a fire that consumes more of the *nerve-force* than it supplies. The nerves of a stimulated body commence at once to convey the vitality to the surface, where it passes off very rapidly, and when the action is over, the man is much weaker than his normal condition. A series of such processes becomes a down hill affair.

Chilling drinks stop at once the generation of *nerve-force*; in fever they are the very best antidotes. Fever is a chemical consumption of the elements of the body. It is paralyzed by cold water taken internally. Bits of ice held in the mouth are a necessity in some cases; yet physicians in some instances forbid this.

On the same principle, ice water and ice cream partially paralyze the process of generating *nerve-force*, and in several cases have actually paralyzed the soft-palate, the larynx, the bronchial tubes and the stomach.

Many a fine speaker has ruined an otherwise magnificent effort by taking ice cream or ice water within a few hours before speaking.

Tea acts in much the same way. It does not chill, but it deadens the vitality.

Coffee is such an excitant to the nerves that very few coffee-drinkers have any coolness of the head, brain or judgment; and they are very awkward in the body.

In South America the natives drink four or five cups of coffee daily. They are so "nervous" that they are constantly in motion; when sitting as still as they can, their legs and arms have a rapid motion that suggests some steady employment. Even in sleep the body is not still.

*Regulation IV. BATHING.* AVOID HOT BATHS. The fibrous nerves terminate at every part of the body. They

conduct the *vital-force* away whenever they are excited. Heat and pain draw the nerve strength away very rapidly. A hot bath is the most weakening thing the body can encounter. Not only is all the magnetism drawn out, but the fibrous ends of the nerves are thrown into a state of excitement that continues for days, throwing off the vitality that is being generated, and subsiding only after a long rest. Thus two kinds of injury are being produced: First, the immediate loss of power; second, a continuing loss. The latter is by far the more serious.

Hot moisture is more debilitating than dry heat. A sailor who is unruly can easily be subdued by a short visit to the "steam-box," whence he will emerge as limp and nerveless as a cloth. This punishment has been inflicted on many sailors, and sometimes in prisons on desperate criminals.

The second injury, or continuing loss, is easily overcome by dashing cold water over the body, so as to produce a shock. This at once hardens the nerve fibres, temporarily deadens them, and all outflow of vitality is checked. The Turkish baths, one of the most weakening of all baths, saps all the immediate strength of the nerves, but checks the continuing loss by terminating the bath with a cold water shower, rapidly graded from the heat to the cold. The cold water plunge sometimes follows, but it is better to shorten the cold water part of any bath as much as possible. A single dash of cold water is sufficient; if prolonged it is apt to produce a chilliness which is dangerous.

*A bath should end with a deluge of cold water over the body.*

The water should never be warmer than 98°.

The best way to take a bath is to make the water blood warm, and with a sponge and plenty of soap wash the feet and legs and the armpits, rinsing all the soap off; then allow the water to run off, and, either with a shower or plunge bath, finish by a sudden deluge of water over the head and entire body. Soap is rarely ever necessary, except for the parts just mentioned. Instantly wipe the

entire body dry, by a *gentle* chafing. Hard rubbing excites humors to the surface of the skin that otherwise would remain dormant or pass off without harm. The face never should be rubbed; a warm, dry towel placed over it and patted until all the moisture has been absorbed will leave the face in the best condition. This precaution and an abstention from meats, especially pork, ought to overcome the tendency to humors in the face.

Dashing very cold water in the face is good for the complexion. The best thing of all is sleeping directly after eating the heaviest meal of the day, and between 9 and 10 o'clock at night.

*Regulation V. HEAT. AVOID ARTIFICIAL HEAT.* Sitting in warm rooms saps the vital-force. Holding the feet in the oven, or on any heated substance is equally bad. The best remedy for cold feet is a largely developed pair of lungs, which will add one hundred per cent. to the vitality of the blood circulation, thus carrying the blood heat to the feet.

The next best thing is to stand on the balls of the feet and move the body up and down one hundred times by the instep action.

*Regulation VI. WALKING. ALL PERSONS SHOULD WALK WITH THE WEIGHT ENTIRELY ON THE BALLS OF THE FEET.* The heels must touch the floor, if shoes are worn having heels, but no weight is borne on them. How to walk correctly may be learned from a previous chapter of this book.

*Regulation VII. SITTING. SUPPORTING THE BACK IS INJURIOUS TO GOOD MAGNETIC INFLUENCE.* Why this is so would require a much longer explanation than the size of this volume will allow. The fact, however, was discovered before the theory was applied. It will make one tired to sit any length of time with the back erect, but after a few weeks the weariness will pass away, and the muscles will then have been hardened. The unsupported back is a stimulant to good digestion, good heart action and good liver. Leaning forward, or a cramped position

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## CHAPTER EIGHTEEN

## MANUAL REGIME

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A sound sleep for half an hour after the heaviest meal of the day will achieve the same result.

*Regulation XI. VIOLENT EXERCISE IS TO BE AVOIDED.* This prevents good health, good thinking, and good nerves. It is said that brain workers soon lose their power of deep, close thinking if much strong exercise is indulged in. It is certainly very exhausting to the *nerve-force*, the very substance on which the thought feeds.

*Regulation XII. MISCELLANEOUS.* The following are very exhausting to the magnetic forces of the body, and are given in addition to those already mentioned. They are named in the order in which they are injurious :

1. Fright.
2. Marriage Excesses.
3. Irregular Habits.
4. Angular Movements.
5. Loss of Small Motions.

Remember that the *vital-force*—

1. Becomes stale by non-use.
2. Is wasted by over-use.
3. And produces "nervousness" by mis-use.



*"Even if I am ignorant in what way a thing happens, yet what does happen I know."* CICERO.

## CHAPTER EIGHTEEN.

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### HABITUAL REGIME.

The last chapter was composed of advice which it is presumed every pupil will read, some carefully; and few will follow. It is probable that some will consider the advice very good, in fact good enough to recommend to their friends and relatives.

This chapter will be devoted to certain matters that *must* be observed by the person who wishes to be magnetic. The regime herein insisted upon is founded upon the record of the lives of the men and women who have possessed this power, and also upon the results of many experiments. It is useless to add that the theories are all agreed that the present regime is necessary.

I. CHASTITY. While not desiring to preach, it is nevertheless a plain fact, to be spoken plainly, that excessive indulgence is one of the most destructive agents of nerve-force. Careful investigations, added to the reported experiences of many persons, have well established the following facts:

1. Indulgence oftener than once in six days wastes the magnetism of the body.
2. Absolute abstinence deadens the vitalizing powers of the body; like too much sleep.

It appears that chaste unmarried people were never known to be the most magnetic; and that libertines were quite far removed from that power. Whatever theories may be suggested to fit these cases is a matter of speculation; the facts remain indisputable.

The author has never been able to train a male pupil under nineteen years to become very magnetic, nor a female under eighteen. It is not to be presumed that unmarried persons are incapable of acquiring the power; on the contrary they acquire it often to a large extent, but married persons whose habits are temperate, are the most progressive pupils.

II. *Rocking chairs* should not be permitted in the house. Nervous children, nervous young men and women, and nervous parents may all have some share of blame to cast upon this dangerous engine of debilitation.

III. Ice water, coffee, alcoholic liquors, pork and pastry are to be avoided.

IV. *The back* must not be supported habitually.

V. *The two Dead-Still Exercises*, numbers 44 and 52 of chapter 10 must be practiced daily.

VI. *One of the Nerve Calisthenics* of chapter 16 must be practiced daily. Any one will do.

With this chapter the Lessons in the Mechanics of Personal Magnetism ends.

*"If we had not seen the magnet attracting iron, we would not believe it."*

## CHAPTER NINETEEN.

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A FEW WORDS CONCERNING THE ADVANCED LESSONS.

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ON THE PRESENT SUBJECT.

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TEACHING THE MAGNETIC CONTROL OF OTHERS,  
OR PERSONAL MAGNETISM PROPER."

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This book will be sold only to the few who are willing to enter into the contract which we append to this chapter.

As the next step is so important to the pupil, and as it involves a greater expense than was incurred in the purchase of the present book, it will enlighten the reader to answer a few questions in advance,—questions that *you* very likely would ask.

Question 1. *Why are the lessons of the next volume private?*

Answer. Because there are no two persons alike in the world, and in the Advanced Lessons there must be special exercises suited to the condition, temperament, age and health of each person.

Every pupil must first answer a series of printed questions which will be forwarded by mail; there must also be reports made by the pupil from time to time, showing the progress made and the results obtained. A record is kept of all this, and the nature of the lessons sent each person depends very much upon the person and the reports. This

insures to each a certain amount of individual attention, and guarantees to all a successful accomplishment of the great work before them.

Pupils who take the advanced course of private lessons have the privilege of asking all the questions they desire, and submitting all matters of difficulty to the College, with the satisfaction of knowing that they will receive full and careful answers suited to each individual case.

*Q. 2. When should a pupil procure the Advanced Lessons?*

A. At any of the following times: 1. Either before commencing to study the present volume. 2. On or after reading the first chapters. 3. Or after completing it.

As it is designed that years should be spent in growing into the perfect self-control which the exercises of this book will accomplished, and as the two volumes are easily studied together, and much time is saved, it is better to purchase the Private Lessons as soon as your means will allow.

*Q. 3. Why are pupils requested not to disclose any fact or exercise of the "Private Lessons in the Magnetic Control of Others?"*

A. For your protection and for ours. It is done for your protection for the same reason that when you discover a gold mine you do not make its wealth public property. You keep it for yourself. You will find many secrets of great value in the Private Lessons which, if others knew of them, they might appropriate to their own use, and add power and influence to their lives, against which power you might some day have to contend, thus adding to your work of competition; and for this *you* pay while they help themselves for nothing. It is also better for you not to parade before others the fact that you are endeavoring to acquire certain powers; nor to tell others the means by which you seek to control your fellow-beings. If you do, your competition in life will be greater. Would you not prefer to have the secrets known only to a chosen few, if you are one of the number, than to have them open to the

gaze of every one? Our pupils would not thank us if we told to others the secrets for which they pay. It is for our protection, because we have spent nearly twenty years in arriving at the results of this work; twenty years of hard labor, sacrifice and constant expense. An inventor has an exclusive control over his invention and all its results; we ask no more than that.

*Q. 4. Why is the price so high as \$25?*

A. To keep the "Advanced Lessons" in the hands of a *chosen few*, whose ability to pay for the work will indicate that they are responsible and that their contract will be observed. Also to partially remunerate the author for twenty years of work and experiments made for the good of others.

*Q. 5. Is there any after expense, or any further lessons when this second volume is completed?*

A. No. The end of the whole work is reached when the Advanced Lessons are completed. There is nothing to follow.

The foregoing explains everything that a person would care to know.

The following agreement must be copied in a plain hand on Congress or foolscap paper, dated and signed, and forwarded to us, accompanied by a check, draft or money-order for \$25. Any merchant can furnish you with his check. Every money-order should be made payable to Webster Edgerly, directed to that name, care of P. O. Box 291, Washington, D. C.

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"I hereby state that I am not under twenty-one years of age;\* that I make the following agreement in good

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"I hereby promise to pay to Webster Edgerly the sum of five hundred dollars, if the within named \_\_\_\_\_ shall fail to keep his contract.

[Signed]\_\_\_\_\_."

faith, upon my honor, and with a full intention of keeping the same :

I agree to pay Webster Edgerly the sum of five hundred dollars, if I shall disclose to any human being by word of mouth, by writing or by any means, any fact, theory or exercise contained in the series of lessons entitled

*"Private Lessons in Printed Form, teaching the Magnetic Control of Others, or Personal Magnetism Proper."*

"Dated this \_\_\_\_\_ day of \_\_\_\_\_, A. D. 18\_\_\_\_  
at \_\_\_\_\_ County of \_\_\_\_\_ State of \_\_\_\_\_  
[Signed] \_\_\_\_\_."

*Exception.* When two or more persons who are each a purchaser of the "Private Lessons" desire to meet for counter-part practice, or to test the strength of each person's magnetism, *Cards of Intercourse* will be issued on application.

Any husband who shall disclose to his wife, or wife to her husband, or one relative to another, any fact, theory or exercise of the "Private Lessons," will be deemed to have violated the contract as much as though it were told to any other person.

Later on, when the initiated shall have learned the course of procedure in controlling others, they will thank us for their own sakes, for not making the work public property.

Any person applying for "Private Lessons Teaching the Magnetic Control of others," must fill out a statement prepared after the following form :

The Private Lesson come in series, and are classified into "Temperaments." Through your answers in the statement below we learn your general disposition and other facts that enable us to send you the division of lessons applying to *yourself*. Some parts of the method have radical variations, each from the other, and it is essential that *you* should be placed in your proper division. If your answers are correct, we can classify you with unerring accuracy.

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to the SPECIAL PRIVILEGE of addressing private inquiries to the College at Washington for help in mastering the work, if necessary. All communications are strictly private, and all answers in the following statement are kept where they can never be known by anyone, excepting the single individual receiving them, and after your classification has been made, they are destroyed.

Ladies need not therefore hesitate in sending their ages.

Copy the following and fill out :

STATEMENT.

1. Your name in full.
2. Your State, County, Town and P. O. address.
3. Your height.
4. Your weight.
5. Your age.
6. Color of eyes.
7. Size of pupil at midday, (sidewise to a window light having no sunshine in it), compared with its size at nine o'clock at night in a room lighted by gas or oil, the pupil sidewise to the light. [The relative size must be stated as accurately as possible.]
8. Color of hair.
9. Condition of the heart as to palpitation.
10. Pulse at 9 a. m., 12 m. and 9 p. m. on some day when in average health.
11. General complexion of face.
12. Length of hair as generally worn.

In applying for your "Private Lessons" you will have to enclose three things :

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2. Statement, filled out.
3. Twenty-five dollars.

The letter may be directed to Webster Edgerly, or to The Martyn College of Elocution and Oratory, P. O. Box 291, Washington, D. C.

We will say in closing, as we said in beginning, that Personal Magnetism is not akin to Mesmerism, Spiritualism, or any of the known 'isms of the present day.

It is a noble, pure, fascinating study, elevating in its nature, producing a pleasant current in the stream of life, giving buoyancy to the health, tone to the nerves, vitality to the brain, cheerfulness to the disposition, manliness and womanliness to the character, fire to the heart, and power to the entire person. It might be used corruptly, by the lawyer in handling witnesses and juries, by the minister in exhortation, by the speaker in misleading audiences, by the lover to win his lady, or the maid to conquer her sweetheart, but for the fact that such debasement is unworthy the honor of the true student of any art, and beneath the dignity of professional people.



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“Where inspiration is full and vigorous, life is energetic. Where it is feeble, life is torpid. Man lives in proportion as he breathes, and the activity of the child is in close relation to the strength of its lungs ; so, too, is the calmness, dignity, and power of man in proportion to the depth and tranquility of his respiration. If the lungs are strong and active, there is courage, boldness, and health ; if feeble, there is cowardice and debility. To be out of spirits is to be out of breath. When eager and full of enterprise, we consume large quantities of air. However well we feed ourselves, if we do not breathe enough, we do not take on good conditions, but become irritable and lose our ambition in life. Deep breathing, therefore, helps us to more perfect and complete living. If learned aright, it may easily be made habitual by any person.”—*M. L. Holbrook, M. D.*

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